KIKKOMAN

Gourmet Beef burger with caramelised red onions

Total time **40 mins** **40 mins** preparation time

Nutritional facts (per portion):
3,356 kJ / 802 kcal

Fat: **46.2 g** Protein: **35.9 g**
Carbohydrates: **59.8 g**

INGREDIENTS

4 portion(s)

2 tbsp	olive oil
	knob butter
2	large red onions, thinly sliced
2 tbsp	soft light brown sugar
500 g	good quality beef mince
2 tbsp	finely chopped fresh parsley
2 tbsp	finely chopped fresh thyme
8 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
1	small head radicchio, shredded
4	brioche burger buns, halved and cut side toasted
2	avocado's, sliced

PREPARATION

Step 1

Heat 1 tbsp of the oil and the butter in a frying pan over a low heat. Add the sliced onions and the sugar and cook over a fairly low heat for about 30 minutes, stirring often, until the onions are soft and caramelised, season with a little salt and pepper.

Step 2

While the onions cook mix the mince with the parsley and thyme and season with salt and pepper. Form into 4 burgers. Once the onions are cooked remove from the pan and keep warm. Wipe out the pan with a piece of kitchen paper and heat the remaining oil. Cook the burgers for 3 – 4 minutes on each side then add the Kikkoman Teriyaki Sauce with Roasted Garlic and cook for a couple of minutes, basting with the sauce.

Step 3

Place a handful of the shredded radicchio on the base of the burger buns, then add a burger, followed by a spoonful of the leftover sauce. Pile a quarter of the caramelised onions on top, then add the avocado slices before placing the lid of the burger bun on top.

Step 4

To BBQ: Brush the burgers with oil, then cook for 3 – 4 minutes on each side (depending on how hot your BBQ is). Brush the burgers with the teriyaki

sauce and cook on each side for another couple of minutes.