SHOPPING LIST

Smash Burgers with Caramelised Onions

Serves 4 double burgers

For the onions

- [ ] 3 large onions, thinly sliced
- [ ] 1 tbsp oil
- [ ] 1 tbsp butter
- [ ] A pinch of sugar
- [ ] A pinch of salt

For the burgers

- [ ] 500 g beef mince (about 20% fat)
- [ ] Salt and black pepper
- [ ] 1 tbsp oil
- [ ] 8 slices of cheese
- [ ] 4 soft burger buns

For the sauce

- [ ] 3 tbsp mayonnaise
- [ ] 1 tbsp mustard
- [ ] 1 tbsp chopped pickles
- [ ] Pickle slices, to serve

Tick off what you already have at home.