



Cheddar and hot pepper stuffed burgers

14'

Hands on

15'

Cook Time

4

Portion(s)

1

Difficulty



Method

- In a small **pan**, sauté the onion until it softens and turns golden. Remove from heat and set it aside to cool.
- In the meantime, combine the cream cheese, cheddar, garlic and hot pepper in a bowl and refrigerate it to chill.
- To the saucepan, add the ground meat and season with salt and pepper.
- Divide the ground meat mixture into 4 parts.
- Shape the cheese mixture into 4 disc shapes.
- Flatten out the ground meat mixture with your hands and place a cheese mixture disc in the center. Carefully wrap the ground meat mixture around it, making sure to enclose it properly so that the cheese doesn't run out while cooking.
- Brush the burger patties with olive oil and bake for 7-8 minutes on each side, on a hot **grill pan**, until they are completely cooked and the cheese has melted when you cut them in half.
- Sprinkle with finely chopped parsley and serve with **fries** like a hamburger.

Ingredients

- 800 g ground beef or ground chicken
- 1 small onion, finely chopped
- ½ teaspoons salt and freshly ground pepper
- 150 g cream cheese
- 80 g cheddar cheese or gruyere, grated
- ½ clove garlic, minced
- 1 small hot pepper, finely chopped (you can remove the seeds if you like)
- 1 tablespoon olive oil, for brushing
- parsley, finely chopped

To serve

- **fries**

Διατροφικός πίνακας

Nutrition information per portion

446 Calories (kcal)	26.0 Total Fat (g)	14.0 Saturated Fat (g)	2.6 Total Carbs (g)
22%	37%	70%	1%
2.2 Sugars (g)	51.0 Protein (g)	0.0 Fibre (g)	1.6 Sodium (g)
2%	102 %	0%	27%