



# Caramelized Onion Burgers

with Garlic Aioli and Baked Cauliflower 'Frites'

35 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Ground Beef



Beyond Meat®



Garlic



Cauliflower, florets



Panko Breadcrumbs



Red Onion



Balsamic Vinegar



Mayonnaise



Brioche Bun



Baby Spinach

HELLO CARAMELIZED ONIONS

You'll love our quick method to making this sweet onion condiment!

## Start here

Before starting, preheat the oven to 425°F.

Wash and dry all produce.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust out

2 Baking sheets, 2 medium bowls, measuring spoons, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beyond Meat®	2	4
Garlic	6 g	12 g
Cauliflower, florets	285 g	570 g
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	226 g
Balsamic Vinegar	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Brioche Bun	2	4
Baby Spinach	28 g	56 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 23-25 min.



## Make patties and finish onions

While **onions** cook, add **beef**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine. Form **beef mixture** into **two 4-inch wide patties** (four patties for 4 ppl). Set aside. When **onions** are done, remove the pan from heat, then stir in **vinegar**. Transfer **onions** to another plate and set aside. Carefully wipe the pan clean.



## Prep and toast panko

While **cauliflower** roasts, peel, then cut **onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium heat. When hot, add **panko** to the dry pan. Cook, stirring often, until toasted, 2-3 min. Remove the pan from heat, then transfer **panko** to a plate. Set aside. Carefully wipe the pan clean.



## Cook patties

Heat the same pan (from step 3) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry until **patties** are cooked through, 3-4 min per side.\*\* While **patties** cook, combine **mayo** and **¼ tsp remaining garlic** in a small bowl. (NOTE: Reference garlic guide.) Toss **cauliflower** with **half the garlic aioli** in another medium bowl. Sprinkle **panko** over top, then stir to coat.



## Caramelize onions

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until dark golden-brown, 3-4 min.



## Finish and serve

Set the oven to broil. Halve **buns**, then arrange on another baking sheet, cut-side up. Toast **buns** in the **middle** of the oven until golden, 2-3 min. (TIP: Keep an eye on the buns so they don't burn!) Spread **remaining garlic aioli** over **bottom buns**, then top with **patties**, **caramelized onions**, **baby spinach** and **top buns**. Divide **burgers** and **cauliflower 'frites'** between plates.

## CUSTOM RECIPE

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Stir half the **garlic** into the **onions** with the **vinegar**.

## CUSTOM RECIPE

If you've opted to get **Beyond Meat®**, cook the **patties** in the same way the recipe instructs you to cook the **beef patties**.

## Dinner Solved!