



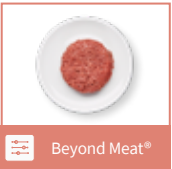
Caramelized Onion Burgers

with Garlic Aioli and Baked Cauliflower 'Frites'

35 Minutes



Ground Beef



Beyond Meat®



Garlic, cloves



Cauliflower, florets



Panko Breadcrumbs



Red Onion



Balsamic Vinegar



Mayonnaise



Brioche Bun



Baby Spinach



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!

HELLO CARAMELIZED ONIONS

The perfect sweet and savoury burger topper!

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, cloves	2	4
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 the website or app for the as-prepared recipe nutritional 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 an unlined 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. (**TIP:** If you prefer a firmer patty, add an egg to the mixture!) Form **beef mixture** into **two 4-inch-wide patties** (4 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.



If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**.



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 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.



Cook the **Beyond Meat® patties** in the same way the recipe instructs you to cook the **beef patties**.



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

Dinner Solved!