

Caramelized Onion Burgers

with Garlic Aioli and Baked Cauliflower 'Frites'

35 Minutes







Ground Beef

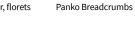


Garlic, cloves



Cauliflower, florets







Yellow Onion



Balsamic Vinegar





Brioche Bun

Mayonnaise



Baby Spinach



Worcestershire Sauce

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

- Mild: ¼ tsp Mediu
 - Medium: 1/2 tsp
- Extra: 1 tsp

Bust out

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

Ingredients

9		
	2 Person	4 Person
Ground Beef	250 g	500 g
Garlic, cloves	2	4
Cauliflower, florets	285 g	570 g
Panko Breadcrumbs	½ cup	1 cup
Yellow 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
Worcestershire Sauce	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Oil*		

Salt and Pepper*

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.

Contact

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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

- Meanwhile, add beef, remaining panko,
 Worcestershire sauce, half the garlic and
 1/4 tsp salt (dbl for 4 ppl) to a medium bowl.
 (TIP: If you prefer a firmer patty, add an egg to the mixture!)
- Season with **pepper**, then combine.
- 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.



Prep and toast panko

- Meanwhile, 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 **half the 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.



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.



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
 tsp remaining garlic in a small bowl.
 (NOTE: Reference garlic guide.)
- Toss **cauliflower** with **half the garlic aioli** in another medium bowl.
- Sprinkle **toasted panko** over top, then stir to coat.



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.

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.