

French Onion Veggie Burgers with Beyond Meat® and Herby Potato Wedges

Veggie

30 Minutes





Beyond Meat®



Artisan Bun



Russet Potato



Yellow Onion





Vegetable Broth

Concentrate

Parsley and Thyme



Balsamic Vinegar





Dijon Mustard



Baby Spinach

Plant-Based Mayonnaise

Start here

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

Bust out

Baking sheet, measuring spoons, spatula, 2 small bowls, large non-stick pan

Ingradients

ingredients		
	2 Person	4 Person
Beyond Meat®	2	4
Artisan Bun	2	4
Russet Potato	460 g	920 g
Yellow Onion	113 g	226 g
Parsley and Thyme	14 g	14 g
Vegetable Broth Concentrate	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Baby Spinach	28 g	56 g
Dijon Mustard	1 ½ tsp	3 tsp
Plant-Based Mayonnaise	4 tbsp	8 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.



Roast potato wedges

Cut potatoes into 1/2-inch wedges. Add potatoes, half the thyme sprigs and 1 tbsp **oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with salt and pepper, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Prep

Meanwhile, peel, then cut onion into 1/4-inch slices. Roughly chop parsley. Strip 1 tsp (dbl for 4 ppl) thyme leaves from remaining sprigs, then finely chop. Stir together plantbased mayo and Dijon in a small bowl.



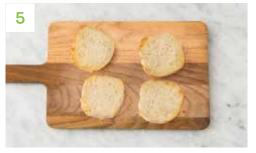
Cook French onions

Heat a large non-stick pan over medium heat. When hot, add 1/2 tbsp oil (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add chopped thyme and 1 tsp sugar (dbl for 4 ppl). Season with salt. Cook, stirring occasionally, until dark golden-brown, 4-6 min. Remove the pan from heat. Stir in **broth concentrate** and **vinegar**, then transfer onions to another small bowl. Carefully rinse and wipe the pan clean.



Cook Beyond Meat® patties

Heat the same pan over medium-high. When hot, add 1/2 tbsp oil (dbl for 4 ppl), then **Beyond Meat® patties**. Using the back of a spatula, flatten **patties** to ½-inch thick. Cook until golden-brown, 3-4 min per side.**



Toast buns

Meanwhile, halve buns. Add directly to the top rack of the oven, cut-side up. Toast until golden-brown, 3-4 min. (TIP: Keep an eye on buns so they don't burn!)



Finish and serve

Sprinkle parsley over potato wedges, then toss gently to coat. Spread some Dijonnaise onto **bottom buns**, then stack with **spinach**, Beyond Meat® patties and onions. Close with top buns. Divide burgers and potato wedges between plates. Serve remaining **Dijonnaise** on the side for dipping.

Dinner Solved!

Contact

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^{*} Pantry items

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