



Retro Burger

with Caramelized Onions and Roasted Sweet Potatoes

30 Minutes



Ground Beef



Whole Grain Mustard



Garlic



Shallot



Cheddar Cheese,
shredded



Mayonnaise



Artisan Bun



Onion, sliced



Sweet Potato



Cornstarch



Balsamic Vinegar

HELLO CARAMELIZED ONIONS

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- In Step 3, when shaping your patties, carefully make a thumbprint in the middle of each patty. This will help it keep its shape while cooking!

Bust Out

2 Baking sheet, medium bowl, box grater, parchment paper, measuring spoons, large non-stick pan, 2 small bowls

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Whole Grain Mustard	2 tbsp	4 tbsp
Garlic	6 g	12 g
Shallot	50 g	100 g
Cheddar Cheese, shredded	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Artisan Bun	2	4
Onion, sliced	113 g	227 g
Sweet Potato	340 g	680 g
Cornstarch	1 tbsp	1 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Roast sweet potatoes

Cut **sweet potatoes** into ¼-inch thick fries. Toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown, 20-22 min.



Start onions

While **sweet potatoes** roast, heat a large non-stick pan over medium heat. When hot, add **1 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, 5-6 min.



Make patties

While **onions** cook, peel **shallot**, then finely grate. Peel, then mince or grate **garlic**. Combine **beef, garlic, shallot, half the mustard, ½ tbsp cornstarch** and **½ tsp salt** (dbl both for 4 ppl), in a medium bowl. Season with **pepper**. Form **mixture** into **two 4-inch wide patties** (four patties for 4 ppl). Lightly press a thumbprint into **each patty**.



Finish onions & cook patties

When **onions** are done, remove pan from heat. Stir in **vinegar** until absorbed, 1 min. Transfer **onions** to a small bowl. Carefully wipe pan clean. Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry, until cooked through, 4-5 min per side. **



Toast buns

While **patties** cook, halve **buns** and arrange them on another baking sheet, cut-side up. Sprinkle **cheese** over **bottom buns**. Toast in the **top** of the oven, until **cheese** melts and **top buns** are golden, 4-5 min. (**TIP:** Keep an eye on your buns so they don't burn!)



Finish and serve

Stir together **mayo** and **remaining mustard** in another small bowl. Spread **mayo-mustard** on **toasted top buns**. Divide **patties** between **buns**. Top with **caramelized onions**. Serve with **roasted sweet potatoes** alongside.

Dinner Solved!