



# Retro Burgers

with Caramelized Onions and Roasted Sweet Potatoes

30 Minutes



Ground Beef



Whole Grain Mustard



Garlic, cloves



Cheddar Cheese,  
shredded



Mayonnaise



Artisan Bun



Yellow Onion



Sweet Potato



Balsamic Vinegar



Italian Breadcrumbs

HELLO CARAMELIZED ONIONS

*The perfect sweet and savoury burger topper!*

## Start here

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

## Bust out

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

## Ingredients

|                          | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef              | 250 g    | 500 g    |
| Whole Grain Mustard      | 2 tbsp   | 4 tbsp   |
| Garlic, cloves           | 2        | 4        |
| Cheddar Cheese, shredded | ¼ cup    | ½ cup    |
| Mayonnaise               | 2 tbsp   | 4 tbsp   |
| Artisan Bun              | 2        | 4        |
| Yellow Onion             | 113 g    | 226 g    |
| Sweet Potato             | 340 g    | 680 g    |
| Balsamic Vinegar         | 1 tbsp   | 2 tbsp   |
| Italian Breadcrumbs      | 2 tbsp   | 4 tbsp   |
| 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 sweet potato wedges

Cut **sweet potatoes** into ¼-inch wedges. Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined 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 golden-brown, 20-22 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Cook patties

Heat the same pan (from step 2) over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry until cooked through, 4-5 min per side. (\*\* **NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.)



## Caramelize Onions

Meanwhile, peel, then cut **onion** into ¼-inch slices. 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. Remove the pan from heat. Add **vinegar**. Stir until absorbed, 1 min. Transfer **onions** to a small bowl. Carefully wipe the pan clean.



## Toast buns

Meanwhile, halve **buns**. Arrange on an unlined baking sheet, cut-side up. Sprinkle **cheese** over **bottom buns**. Toast in the **top** of the oven until **cheese** is melted and **top buns** are golden, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)



## Make patties

Meanwhile, peel, then mince or grate **garlic**. Combine **beef**, **breadcrumbs**, **garlic**, **half the mustard**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl. (**TIP:** If you prefer a firmer patty, add an egg to the mixture!) Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).



## Finish and serve

Stir together **mayo** and **remaining mustard** in another small bowl. Spread **mayo-mustard** on **top buns**. Stack **patties** and **caramelized onions** on **bottom buns**. Close with **top buns**. Divide **burgers** and **sweet potato wedges** between plates.

## Dinner Solved!