



# Retro Burger

with Caramelized Onions and Roasted Sweet Potatoes

30 Minutes



Ground Beef



Beyond Meat®



Whole Grain Mustard



Garlic



Cheddar Cheese, shredded



Mayonnaise



Artisan Bun



Yellow Onion



Sweet Potato



Balsamic Vinegar



Panko Breadcrumbs



### 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

You'll love our quick method for making this sweet onion condiment!


## 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
 Beyond Meat®	2	4
Whole Grain Mustard	2 tbsp	4 tbsp
Garlic	6 g	12 g
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
Panko Breadcrumbs	¼ cup	½ cup
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** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 20-22 min.



## Finish onions and cook patties

When **onions** are done, remove the pan from heat. Stir in **vinegar** until absorbed, 1 min. Transfer **onions** to a small bowl. Carefully wipe the pan clean. Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry until cooked through, 4-5 min per side.\*\* (**TIP:** Don't overcrowd the pan; cook the patties in 2 batches if needed!)

 **CUSTOM RECIPE**

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



## Start onions

While **sweet potatoes** roast, 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.




## Toast buns

While **patties** cook, halve **buns**. Arrange on another 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 your buns so they don't burn!)



## Make patties

While **onions** cook, peel, then mince or grate **garlic**. Combine **beef**, **panko**, **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 burger mixture.) Form **beef mixture** into **two 4-inch wide burger patties** (four patties for 4 ppl).

 **CUSTOM RECIPE**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. In step 4, stir the **garlic** into the **onions** with the **vinegar**. In Step 6, use all the **mustard** in the **mayo-mustard**. Save the **panko** for another use!



## Finish and serve

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

## Dinner Solved!