



Veggie Burgers and Caramelized Onions

with Beyond Meat® and Sweet Potato Wedges

Veggie Quick 25 Minutes



- Beyond Meat®
- Brioche Bun
- Aged White Cheddar Cheese, shredded
- Mayonnaise
- Red Onion
- Sweet Potato
- Arugula and Spinach Mix
- Balsamic Glaze
- Dijon Mustard
- Garlic, cloves
- Baby Tomatoes

HELLO BALSAMIC GLAZE

A sweet and tart flavour-maker for a variety of dishes, from salads to desserts!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Brioche Bun	2	4
Aged White Cheddar Cheese, shredded	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Red Onion	113 g	226 g
Sweet Potato	340 g	680 g
Arugula and Spinach Mix	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Garlic, cloves	1	2
Baby Tomatoes	113 g	227 g
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 ½-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. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-24 min.



Bake Beyond Meat® patties and toast buns

While **onions** cook, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **Beyond Meat® patties**. Cook until golden-brown, 3-4 min per side. ** Transfer **patties** to the other side of the baking sheet with **buns**. Sprinkle **cheese** over **patties**. Bake in the **top** of the oven until **cheese** melts and **buns** are golden-brown, 3-4 min. (**TIP:** Keep your eye on buns so they don't burn!)



Prep

While **sweet potato wedges** roast, peel, then mince or grate **garlic**. Peel, then cut **onion** into ¼-inch slices. Halve **tomatoes**. Halve **buns**, then arrange them on one side of an unlined baking sheet, cut-side up.



Make salad

While **patties** and **buns** bake, add **remaining balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**, then whisk to combine. Add **arugula and spinach mix** and **tomatoes**, then toss to combine.



Caramelize onions

Heat a medium non-stick pan over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until **onions** are soft and golden, 4-5 min. Reduce heat to medium-low, then stir in **half the balsamic glaze** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 10-12 min. Remove the pan from heat.



Finish and serve

Add **mayo**, **garlic** and **Dijon** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Spread **some aioli** on **bottom buns**, then stack **patties** and **caramelized onions** on top. Close with **top buns**. Divide **burgers**, **salad** and **sweet potato wedges** between plates. Serve **remaining aioli** on the side for dipping.

Dinner Solved!