



# Veggie Burgers and Caramelized Onions

with Beyond Meat® and Garlic Dijonnaise

Veggie

Quick

25 Minutes



Beyond Meat®



Brioche Bun



White Cheddar  
Cheese, shredded



Mayonnaise



Red Onion



Sweet Potato



Dijon Mustard



Garlic, cloves



Spring Mix

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.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Brioche Bun	2	4
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
Dijon Mustard	1 tbsp	2 tbsp
Garlic, cloves	1	2
Spring Mix	28 g	56 g
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.*

## Contact

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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

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. **\*\*** Arrange **patties** on the other side of the baking sheet with **buns**. (**NOTE:** For 4 ppl, use a second unlined baking sheet. Bake in the top of the oven, one sheet at a time.) 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!)



## Caramelize onions

Meanwhile, heat a medium non-stick pan over medium heat. While the pan heats, peel, then cut **onion** into ¼-inch slices. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 5-6 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pan from heat.



## Make garlic Dijonnaise

Meanwhile, add **mayo**, **Dijon** and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



## Prep

Meanwhile, peel, then mince or grate **garlic**. Halve **buns**, then arrange on one side of an unlined baking sheet, cut-side up. (**NOTE:** For 4 ppl, use the whole baking sheet.)



## Finish and serve

Spread **some garlic Dijonnaise** on **bottom buns**, then stack with **spring mix**, **patties** and **caramelized onions**. Close with **top buns**. Divide **burgers** and **sweet potato wedges** between plates. Serve **remaining garlic Dijonnaise** alongside for dipping.

## Dinner Solved!