



More than just food.

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## Italian Ciabatta Burgers

with Caramelized Onion, Mozzarella, and Sweet-and-Tangy Arugula Salad

For an Italian spin on the classic American cheeseburger, we're sandwiching juicy patties between crusty ciabatta bread, then topping them with gooey cheeses and sweet caramelized onions. A garlicky, tomato-balsamic vinaigrette sets this arugula salad apart from the standard side dish.



30 min



level 1



nut free



Ground Beef



Ciabatta Rolls



Arugula



Tomato Paste



Balsamic



Mozzarella Cheese



Parmesan Cheese



Red Onion



Garlic

## Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Ciabatta Rolls	1) 3)	4
Arugula	4 oz	8 oz
Tomato Paste	1 can	2 cans
Balsamic	2 T	4 T
Mozzarella Cheese	2)	1 C
Parmesan Cheese	2)	1/2 C
Red Onion	1	2
Garlic	2 cloves	4 cloves
Sugar*	1 t	2 t
Olive Oil*	2 T + 2 t	5 T + 1 t

\*Not Included

## Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

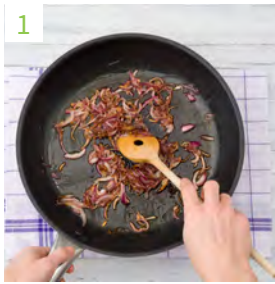
## Tools

Large Pan, Large Bowl, Whisk

**Nutrition per person** Calories: 914 cal | Carbs: 64 g | Fat: 47 g | Protein: 51 g | Fiber: 4 g | Sodium: 980 mg

Make sure to wash and dry produce before prepping or cooking!

Ruler  
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**1 Caramelize the onions:** Heat the oven to 400 degrees (if you have a toaster you can skip this step!). Halve, peel, and thinly slice the **onion**. Heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** and **1 teaspoon sugar** to the pan and cook, tossing, for 6-8 minutes, until caramelized. Season with **salt** and **pepper**, then set aside.



**2 Make the vinaigrette:** mince or grate the **garlic**. In a large bowl, whisk together **1 Tablespoon tomato paste**, **2 Tablespoons balsamic**, **2 Tablespoons olive oil**, and **garlic** (to taste—start with a little and go up from there!). Season with **salt** and **pepper**.



**3 Cook the burgers:** Form the **ground beef** into 2 **patties**. In the same pan you cooked the **onions** in, heat another drizzle of **oil** over medium-high heat. Season the **patties** on all sides with **salt** and **pepper**, then place in the pan and cook for 2-4 minutes per side, or until almost cooked to desired doneness. Top the patties with the **mozzarella** and **Parmesan cheese**, then cover and cook another 1 minute, until the cheese melts.



**4 Toast the bread:** While the patties cook, halve the **ciabatta rolls** and place in the oven or toaster to toast for 3-5 minutes.

**5 Dress the salad:** Toss the **arugula** into the **vinaigrette** and season with **salt** and **pepper**.

**6 Assemble the burgers:** place each **patty** inside a **bun**, then top with the **caramelized onion** and a bit of the **tossed arugula**. Serve the remaining **arugula salad** to the side and enjoy!