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## Caramelized Onion Burgers

with Garlic Aioli and Crispy Cauliflower

These burgers are topped with balsamic-caramelized onions and garlic aioli for a huge hit of flavor. Instead of fries, we're tossing cauliflower in panko for a deliciously crispy alternative.

 30 min

 level 1

 nut free



Ground Beef



Cauliflower



Red Onion



Garlic



Dried Oregano



Panko



Mayonnaise



Balsamic Vinegar



Hamburger Buns

## Ingredients

Ground Beef		20 oz
Cauliflower		2 heads
Red Onion		2
Garlic		2 cloves
Dried Oregano		2 t
Panko	1)	½ c
Mayonnaise	2) 3)	2 T
Balsamic Vinegar		2 T
Hamburger Buns	1) 2) 3) 4)	4
Olive Oil*		2 T + 2 t

## 4 People

\*Not Included

## Allergens

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

## Tools

Medium Bowl,  
Baking Sheet, Medium Pan,  
Small Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 717 cal | Fat: 34 g | Sat. Fat: 9 g | Protein: 41 g | Carbs: 64 g | Sugar: 16 g | Sodium: 491 mg | Fiber: 7 g

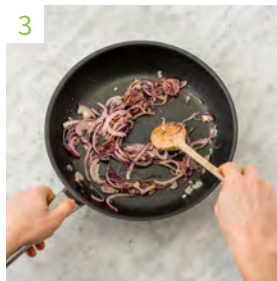
Make sure to wash and dry produce before prepping or cooking!



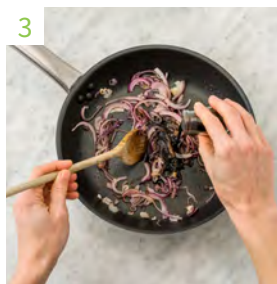
### 1 Prep the ingredients:

Preheat the oven to 425 degrees. Remove the **ground beef** from the refrigerator, bringing to room temperature. Halve, peel, and thinly slice all of the **red onion**. Mince or grate the **garlic**. Cut the **cauliflower** into bite-sized florets.

**2 Roast the cauliflower:** In a medium bowl, toss the **cauliflower florets** with the **panko**, **4 teaspoons olive oil**, and a pinch of **salt** and **pepper**. Place the florets on a baking sheet and roast for about 25 minutes, until golden brown.

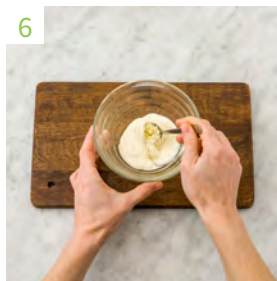


**3 Caramelize the onions:** Heat a large drizzle of **oil** in a medium pan over medium heat. Add the **sliced onions** and cook, tossing, for 4-5 minutes until softened. Add the **balsamic vinegar** and cook, tossing over low heat for about 10 minutes, until slightly caramelized. Season the onions with **salt** and **pepper**. Set the onions aside and wipe the pan clean.



**4 Form and season the burgers:** Meanwhile, form the **ground beef** into four equal-sized patties. Season with the **oregano**, **salt** and **pepper**.

**5 Cook the beef:** Using the same pan, heat another large drizzle of **oil** over medium-high heat. Add the **burger patties** and cook for 2-5 minutes per side, until cooked to desired doneness.



**6 Make the garlic aioli:** While the **burgers** cook, combine in a small bowl, the **mayonnaise**, **minced garlic** (to taste, start with a little and go up from there!), and a pinch of **salt** and **pepper**. Split and place the **buns** in the oven for 3-5 minutes to toast.

**7 Finish and plate:** Remove the **buns** from the oven. Spread with the **garlic aioli** and top with a **burger** and the **caramelized onions**. Serve the **crispy cauliflower** on the side and enjoy!