



BALSAMIC ONION BURGERS

with Crispy Cauliflower Oven Fries

PREP: 5 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE



HELLO

BALSAMIC ONIONS

Sweet and soft with a lively punch

INGREDIENTS:

- Cauliflower Florets
- Panko (Contains: Wheat)
- Red Onion
- Garlic
- Balsamic Vinegar
- Ground Beef
- Dried Oregano
- Mayonnaise (Contains: Soy, Eggs)
- Brioche Buns (Contains: Milk, Wheat, Eggs)

FOR 2 PEOPLE:

- 10 oz
- ¼ Cup
- 1
- 1 Clove
- 1 TBSP
- 8 oz
- 1 tsp
- 1 TBSP
- 2

FOR 4 PEOPLE:

- 20 oz
- ½ Cup
- 2
- 2 Cloves
- 2 TBSP
- 16 oz
- 2 tsp
- 2 TBSP
- 4

NUTRITION PER SERVING

684 cal | Fat: 37 g | Sat. Fat: 10 g | Protein: 32 g | Carbs: 56 g | Sugar: 11 g | Sodium: 421 mg | Fiber: 7 g

START STRONG

Be careful when wiping out the hot pan. Try wadding up the paper towel and grabbing it with tongs before scrubbing. You can also grab a piece of aluminum foil and use it to hold the paper towel, shielding your hand from the heat.



BUST OUT

- Medium bowl
- 2 Baking sheets
- Small bowl
- Large pan
- Paper towel
- Oil (4 tsp | 8 tsp)



1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce.

Preheat oven to 425 degrees. Toss **cauliflower** with **panko**, a large drizzle of **oil**, and a pinch of **salt** and **pepper** in a medium bowl. Transfer to a baking sheet and roast until golden brown, about 25 minutes. **TIP:** Don't worry if a few crumbs fall off.

2 PREP

Halve, peel, and thinly slice **onion**. Mince or grate **1 clove garlic** (save remaining clove for another use).

3 COOK ONION

Heat a drizzle of **oil** in a large pan over medium heat. Add **onion** and cook until softened, 4-5 minutes, tossing occasionally. Stir in **1 TBSP balsamic vinegar** (we sent more) and reduce heat to low. Cook until very soft, about 10 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



4 MAKE BURGERS

Shape **ground beef** into two 1-inch-thick patties with your hands. Season with **dried oregano**, **salt**, and **pepper**. Carefully wipe out pan you cooked onions in with a paper towel, then heat a drizzle of **oil** in pan over medium-high heat. Add patties and cook to desired doneness, 3-5 minutes per side.

5 MAKE GARLIC AIOLI

Combine **1 TBSP mayonnaise** (we sent more) and **garlic** (to taste) in a small bowl. (**TIP:** Start with a pinch of garlic, then go up from there.) Season with **salt** and **pepper**. Split **buns** in half, place on another baking sheet, and toast in oven until golden brown, 3-5 minutes.

6 SERVE

Spread **garlic aioli** on **buns** and top each with a **burger** and **onion**. Serve with crispy **cauliflower** on the side.

WELL DONE!

Use any extra aioli as a dip for the fries.

