



# CRISPY CHEDDAR CHEESEBURGER

with Caramelized Onion Jam and Roasted Broccoli

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE



## HELLO FRICO

Crispy, baked  
Cheddar cheese wafers

### INGREDIENTS:

- Red Onion
- Tomato
- Brioche Buns (Contains: Wheat, Milk, Eggs)
- Ground Beef
- Broccoli Florets
- Sherry Vinegar
- Cheddar Cheese (Contains: Milk)
- Ketchup

### FOR 2 PEOPLE:

- 1
- 1
- 2
- 10 oz
- 8 oz
- 1 TBSP
- ½ Cup
- 2 TBSP

### FOR 4 PEOPLE:

- 1
- 2
- 4
- 20 oz
- 16 oz
- 2 TBSP
- 1 Cup
- 4 TBSP

### NUTRITION PER SERVING

737 cal | Fat: 35 g | Sat. Fat: 13 g | Protein: 46 g | Carbs: 60 g | Sugar: 17 g | Sodium: 682 mg | Fiber: 8 g

## START STRONG

If you're craving a more traditional burger, ditch the frico and melt the cheese on top of the patties after flipping like you normally would.



## BUST OUT

- 2 Baking sheets
- Large pan
- Bowl
- Parchment paper
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)



### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 425 degrees. Halve, peel, and thinly slice **onion**. Slice **tomato** into rounds. Halve **briccho buns**. Form **beef** into two 1-inch thick **patties**. Season on all sides with **salt** and **pepper**.

### 2 ROAST BROCCOLI

Toss **broccoli** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until slightly crispy, about 15 minutes.

### 3 MAKE CARAMELIZED ONION JAM

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onions** and cook, stirring often, until soft, 5-6 minutes. Add **1 TBSP sherry vinegar** and **1 tsp sugar**, and simmer until liquid is nearly evaporated. Season with **salt** and **pepper**. Transfer to a bowl and set aside.



### 4 MAKE CHEDDAR FRICO

Line another baking sheet with parchment paper. (**TIP:** If you don't have parchment, that's ok! Just remove crispy frico from baking sheet while still hot.) Place **cheese** in two even piles on baking sheet. Bake until melted in middle and crispy at the edges, 5-7 minutes.

### 5 COOK BURGERS

Meanwhile, heat a drizzle of **olive oil** in same large pan over high heat. Add **burgers** and cook to desired doneness, 3-6 minutes per side. After you flip the **burgers**, place **buns** in oven to toast 3-4 minutes.

### 6 ASSEMBLE BURGERS

Place **burgers**, **caramelized onion jam**, **tomato slices**, **ketchup**, and a **cheddar frico** inside each **bun**. Serve with crispy **broccoli** on the side.

## SUCCESS!

Fan of frico? Next time, use it to garnish soups and salads.

