



Italian Ciabatta Burgers

with Mozzarella Cheese and Sweet-and-Tangy Salad

We've taken an American classic and given it an Italian makeover. Ciabatta bread is crusty on the outside, irresistibly soft on the inside, and hearty enough to hold juicy patties, sweet caramelized onions, and tangy greens. But the best part? It soaks up the tomato-balsamic vinaigrette for a pop of flavor in every bite.



Prep: 5 min
Total: 30 min



level 1



nut
free



Ground
Beef



Ciabatta
Rolls



Arugula



Tomato
Paste



Balsamic
Vinegar



Mozzarella
Cheese



Red
Onion

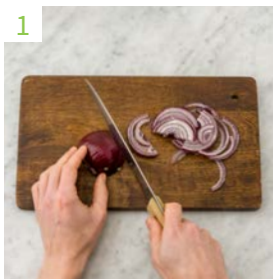


Garlic

Ingredients	2 People	4 People	
Ground Beef	8 oz	16 oz	*Not Included
Ciabatta Rolls	1)	4	Allergens
Arugula	2 oz	4 oz	1) Wheat
Tomato Paste	½ TBSP	1 TBSP	2) Milk
Balsamic Vinegar	1 TBSP	3 TBSP	
Mozzarella Cheese	2)	1 Cup	
Red Onion	1	1	
Garlic	1 Clove	2 Cloves	Tools
Sugar*	1 tsp	2 tsp	Large pan, Large bowl,
Olive Oil*	5 tsp	10 tsp	Whisk

Nutrition per person Calories: 725 cal | Fat: 32 g | Sat. Fat: 11 g | Protein: 46 g | Carbs: 60 g | Sugar: 6 g | Sodium: 800 mg | Fiber: 4 g

1



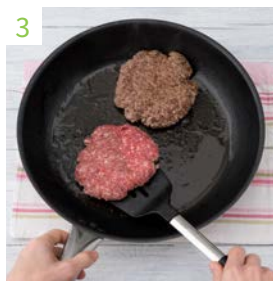
1 Caramelize the onion: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **onion**. Heat a drizzle of **olive oil** in a large pan over medium heat. Add the onion and **1 teaspoon sugar**. Cook, tossing, for 6-8 minutes, until caramelized. Season with **salt** and **pepper**. Remove from the pan and set aside.
TIP: For a bolder flavor, add **1 Tablespoon balsamic vinegar** to the pan after the onions are caramelized, then reduce on low until syrupy.

2



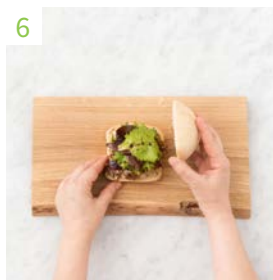
2 Make the vinaigrette: Mince **½ teaspoon garlic**. In a large bowl, whisk together **½ Tablespoon tomato paste**, **1 Tablespoon balsamic vinegar**, **1 Tablespoon olive oil**, and as much of the **garlic** as you like. Season with **salt** and **pepper**.

3



3 Cook the burgers: Form the **ground beef** into two patties, and season on both sides with **salt** and **pepper**. In the same pan, heat a drizzle of **olive oil** over medium-high heat. Add the **patties**. Cook 2-4 minutes per side, until almost cooked to desired doneness. Top with **mozzarella cheese**. Cover the pan for another minute, until the cheese melts.

6



4 Toast the ciabatta: While the **burgers** cook, halve the **ciabatta rolls**. Place in the oven to toast 3-5 minutes.

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

6 Assemble the burgers: Place each **burger** inside a **bun**, then top with the **caramelized onion** and a bit of **sweet-and-tangy salad**. Serve the remaining salad on the side and enjoy!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics**, and you'll be entered into our weekly photo contest!

