



MAY
2016



French Onion Soup Burger

with Béchamel, Caramelized Onions, and Kale Chips

"Who doesn't love a burger? This dish is inspired by the classic French onion soup I ate as a child in France, but with an American twist. The blending of two cultures. A rich hearty burger topped with cheese and onions, simple to prepare but so rich and satisfying. This award winning burger will be an instant classic in your home." - Chef Paul



Prep: 10 min
Total: 30 min



level 1



nut
free



Ground Beef



Yellow Onion



Thyme



Beef Stock
Concentrate



Gruyère
Cheese



Milk



Flour



Nutmeg



Brioche Buns



Kale

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Yellow Onion	1	2
Thyme	¼ oz	½ oz
Beef Stock Concentrate	1	2
Gruyère Cheese	1) 2 oz	4 oz
Milk	1) ½ Cup	1 Cup
Flour	2) 1 T	2 T
Nutmeg	⅛ t	⅛ t
Brioche Buns	1) 2) 3) 2	4
Kale	4 oz	8 oz
Butter*	1) 1 T	2 T
Sugar*	1 t	2 t
Olive Oil*	1 T	2 T

*Not Included

Allergens

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

Tools

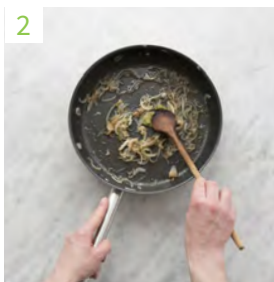
Baking sheet, Large pan, Small pot, Whisk

Nutrition per person Calories: 885 cal | Fat: 46 g | Sat. Fat: 19 g | Protein: 52 g | Carbs: 70 g | Sugar: 19 g | Sodium: 900 mg | Fiber: 5 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



1 Make the kale chips: Wash and dry all produce. Preheat the oven to 350 degrees. Halve, peel, and thinly slice the **onion**. Remove the ribs and stems from the **kale**, then tear into bite-sized pieces. Toss the kale pieces on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 10-12 minutes, until crisp.

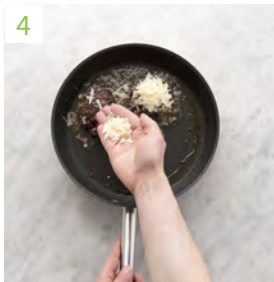
TIP: Don't forget about these—they can burn quickly!

3



2 Caramelize the onions: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onions** and **thyme sprigs** and cook, tossing for 7-8 minutes, until softened and slightly caramelized. Add the **beef stock concentrate**, **1 teaspoon sugar**, and **¼ cup water** to the pan and simmer, until reduced and jammy. Pick out and discard the thyme sprigs. Remove the mixture from the pan and set aside. Be sure to clean out the pan for later.

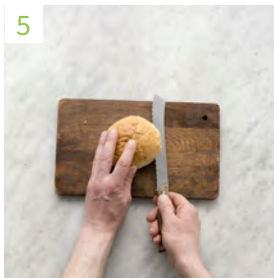
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3 Make the béchamel: While the **onions** cook, heat **1 Tablespoon butter** in a small pot over medium heat. Whisk in the **flour** and cook for 1 minute. Slowly whisk in the **milk** and simmer until thickened, for 1-2 minutes. Season with a tiny pinch of **nutmeg** (be sure to measure the nutmeg), **salt**, and **pepper**. Remove the pot from the heat.

4 Cook the burgers: Form the **ground beef** into two equal-sized patties and season on all sides with **salt** and **pepper**. In the same pan you used for the **onions**, heat a drizzle of **olive oil** over medium-high heat. Add the **burgers** to the pan and cook for 3-5 minutes per side, until almost cooked to desired doneness. Top each patty with the **gruyère**, cover the pan, and cook for 1-2 minutes more, until the cheese has melted.

5



5 Toast the brioche buns: While the **gruyère** melts, split and place the **brioche buns** in the oven for 2-3 minutes to toast.

6 Assemble and serve: Spread the toasted **brioche buns** with the **béchamel sauce** and top with the **French onion soup burgers** and caramelized onions. Serve the **kale chips** to the side and enjoy!

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

