



Caramelized Onion Burgers

with Garlic Aioli and Baked Cauliflower 'Frites'

35 Minutes



Ground Beef



Garlic



Cauliflower, florets



Panko Breadcrumbs



Red Onion



Balsamic Vinegar



Mayonnaise



Brioche Bun



Arugula and Spinach Mix

HELLO CARAMELIZED ONIONS

You'll love our quick method to making this sweet onion condiment.

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Garlic Guide for Step 5:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

2 Baking sheets, 2 medium bowls, measuring spoons, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Garlic	6 g	12 g
Cauliflower, florets	285 g	570 g
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	226 g
Balsamic Vinegar	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Brioche Bun	2	4
Arugula and Spinach Mix	56 g	56 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast cauliflower frites

Cut **cauliflower** into bite-sized pieces. Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 23-25 min.



Make patties and finish onions

While **onions** cook, combine **beef**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. Form **beef mixture** into **two 4-inch wide burger patties** (four patties for 4 ppl). Set aside. When **onions** are done, remove pan from heat. Stir in **vinegar**. Transfer **onions** to another plate and set aside. Carefully wipe pan clean.



Prep and toast panko

While **cauliflower** roasts, halve, peel, then thinly slice **onion**. Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium heat. When hot, add **panko** to the dry pan. Cook, stirring often, until toasted, 2-3 min. Remove the pan from heat, then transfer **panko** to a plate. Set aside. Carefully wipe the pan clean.



Cook patties

Heat same pan (from step 3) over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry, until **patties** are cooked through, 3-4 min per side. ** While the **patties** cook, mix **mayo** and **¼ tsp remaining garlic** in a small bowl. (NOTE: Reference Garlic Guide.) Toss **cauliflower** with **half the garlic-mayo** in another medium bowl. Sprinkle **panko** over top, then stir to coat.



Caramelize onions

Heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until dark golden-brown, 3-4 min.



Finish and serve

Set the oven to broil. Halve **buns** and arrange them, cut-side up, on another baking sheet. Toast **buns** in the **middle** of the oven, until golden, 2-3 min. (TIP: Keep an eye on the buns so they don't burn!) Spread **remaining garlic-mayo** over **bottom buns**, then top with **patties**, **caramelized onions**, **arugula and spinach mix** and **top bun**. Divide **burgers** and **cauliflower 'frites'** between plates.

Dinner Solved!