



SEP  
2016

## Caramelized Onion Burgers

With Garlic Aioli and Crispy Cauliflower

These burgers are topped with balsamic-caramelized onions and garlic aioli for a huge hit of flavour. Instead of fries, we're tossing cauliflower in panko for a deliciously crispy alternative.



Prep  
30 min



level 1



Ground Beef



Cauliflower



Red Onion



Garlic



Dried Oregano



Panko  
Breadcrumbs



Mayonnaise



Balsamic Vinegar



Brioche Buns

## Ingredients

Ground Beef		2 pkg (500 g)
Cauliflower, florets		1 pkg (454 g)
Red Onion, thinly sliced		1 pkg (227 g)
Garlic		2 cloves
Dried Oregano		1 pkg (2 tsp)
Panko Breadcrumbs	1)	1 pkg (½ cup)
Mayonnaise	2) 3)	4 pkg (4 tbsp)
Balsamic Vinegar		1 bottle (2 tbsp)
Brioche Buns	1) 3) 5)	4
Olive or Canola Oil*		

## 4 People

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Eggs/Oeuf
- 4) Milk/Lait
- 5) Sesame/Sésame

## Tools

Medium Bowl, Baking Sheet, Large Non-Stick Pan, 2 Small Bowls

**Nutrition per person** Calories: 717 cal | Fat: 43 g | Sat. Fat: 9 g | Protein: 41 g | Carbs: 64 g | Sugar: 16 g | Sodium: 491 mg | Fiber: 7 g  
*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



**1 Preheat the oven to 425°F. Start prepping when your oven comes up to temperature!**

**2 Roast the cauliflower: Wash and dry all produce.** Mince or grate the **garlic**. On a baking sheet, toss the **cauliflower florets** with a large drizzle of **oil**. Roast in the centre of the oven, stirring halfway through baking, until golden-brown, 25-30 min.

4



**3 Toast the panko:** Meanwhile, heat a large non-stick pan over medium heat. Add the **panko**. Pan-fry, stirring often, until toasted and golden, 2-3 min. Transfer to a small bowl.

**4 Caramelize the onions:** Heat a drizzle of **oil** in the same pan. Add the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce heat to low, then add the **vinegar**. Cook, stirring often, until slightly caramelized, about 10 min. Transfer the **onions** to a plate and wipe the pan clean.

7



**5 Form and season the burgers:** Meanwhile, form the **ground beef** into four 5-inch patties. Season with the **oregano, salt and pepper**.

**6 Cook the patties:** Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **patties**. Pan-fry until until cooked to desired doneness, 3-5 min per side. (**TIP:** Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)

**7 Make the garlic aioli and crispy cauliflower:** Meanwhile, in a small bowl, stir the **mayonnaise** with the **garlic**. Season with **salt and pepper**. Drizzle half the **mayo mixture** over the **roasted cauliflower** and toss to combine. Sprinkle the **toasted panko** overtop.

**8 Finish and serve:** Split the **buns** and spread the bottoms with the **garlic aioli**. Top with a **burger** and the **caramelized onions**. Serve the **crispy cauliflower** on the side and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [i](#)

HelloFresh.ca | hello@hellofresh.ca