



SEP  
2016

## Caramelized-Pineapple Burgers

with Monterey Jack Cheese and Red Cabbage Slaw

Did you know that pineapple is a traditional symbol of hospitality? If that's not an excuse to share our Hawaiian-inspired dish with loved ones, we don't know what is. This tropical gem adds a hint of sweetness, and the slaw adds a welcome crunch. Together, the combination is unbeatable.



Prep: 10 min  
Total: 30 min



level 1



nut free



Ground Beef



Brioche Buns



Pineapple



Monterey Jack Cheese



Red Onion



Red Cabbage



Carrot



Mayonnaise



White Wine Vinegar



Chives

## Ingredients

	2 People	4 People	*Not Included
Ground Beef	10 oz	20 oz	<b>Allergens</b>
Brioche Buns	1) 2) 3)	4	1) Wheat
Pineapple	4 oz	8 oz	2) Milk
Monterey Jack Cheese	2)	½ Cup	3) Eggs
Red Onion	1	2	4) Soy
Red Cabbage	4 oz	8 oz	
Carrot	1	2	
Mayonnaise	3) 4)	2 T	<b>Tools</b>
White Wine Vinegar	1 T	2 T	Strainer, Peeler, Box grater,
Chives	¼ oz	½ oz	Large ovenproof pan,
Sugar*	1 t	2 t	Large bowl, Medium bowl
Oil*	2 t	4 t	

**Nutrition per person** Calories: 769 cal | Fat: 38 g | Sat. Fat: 12 g | Protein: 38 g | Carbs: 68 g | Sugar: 23 g | Sodium: 650 mg | Fiber: 7 g

1



**1 Prep: Wash and dry all produce.** Preheat the oven to 400 degrees. Halve, peel, and finely dice half the **onion**. Drain and finely chop the **pineapple**. Finely chop the **chives**. Peel the **carrot**, then grate it with a box grater.

2



**2 Make the pineapple relish:** Heat a drizzle of **oil** in a large ovenproof pan over medium heat. Add the diced **onion**. Cook, tossing, for 2-3 minutes, until softened. Add the **pineapple**. Cook, tossing, for 2-3 minutes, until lightly caramelized and jammy, adding **1 Tablespoon water** if necessary. Season with **salt** and **pepper**. Remove from the pan and set aside in a large bowl. Rinse out any browned bits from the bottom of the pan.

3



**3 Make the slaw:** Meanwhile, toss the **cabbage** in a medium bowl with the **chives, carrot, 1½ Tablespoons mayonnaise, 1 Tablespoon white wine vinegar, and 1 teaspoon sugar**. Season generously with **salt** and **pepper**.

5



**4 Form the patties:** Form the **ground beef** into two equal-sized patties. Season generously with **salt** and **pepper**.

**5 Cook the patties:** Heat a drizzle of **oil** in the same pan over medium-high heat. Add the **patties** to the pan. Cook 2-5 minutes per side, until cooked to desired doneness (2 for rare and 5 for well-done). Top each patty with **Monterey Jack cheese**, covering the pan to allow it to melt. Meanwhile, split the **buns** and place in the oven to toast 3-5 minutes.

**6 Assemble and serve:** Thinly slice the remaining **onion**. Spread the **buns** with the remaining **mayonnaise** and top with a **burger, caramelized-pineapple relish, and a few slices of onion** (if desired). Serve alongside the **red cabbage slaw** and enjoy!

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