



CRISPY CHEDDAR CHEESEBURGER

with Caramelized Onion Jam and Roasted Broccoli

PREP: 15 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE



HELLO FRICO

Crispy, baked
Cheddar cheese wafers

INGREDIENTS:

- Red Onion
- Tomatoes
- Brioche Buns (Contains: Wheat, Milk, Eggs)
- Ground Beef
- Broccoli Florets
- Sherry Vinegar
- Cheddar Cheese (Contains: Milk)
- Ketchup

FOR 4 PEOPLE:

- 1
- 2
- 4
- 20 oz
- 16 oz
- 2 TBSP
- 1 Cup
- 4 TBSP

NUTRITION PER SERVING

710 cal | Fat: 34 g | Sat. Fat: 12 g | Protein: 43 g | Carbs: 60 g | Sugar: 17 g | Sodium: 672 mg | Fiber: 8 g

START STRONG

If you're craving a more traditional burger, ditch the frico and melt the cheese on top of the patties after flipping like you normally would.



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 425 degrees. Halve, peel, and thinly slice **onion**. Slice **tomatoes** into rounds. Halve **briccho buns**. Form **beef** into four 1-inch thick **patties**. Season on all sides with **salt** and **pepper**.



2 ROAST BROCCOLI

Toss **broccoli** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until slightly crispy, about 15 minutes.

BUST OUT

- 2 Baking Sheets
- Large pan
- Bowl
- Parchment paper
- Olive oil (2 TBSP)
- Sugar (2 tsp)



3 MAKE CARAMELIZED ONION JAM

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onions** and cook, stirring often, until soft, 5-6 minutes. Add **sherry vinegar** and **2 tsp sugar**, and simmer until liquid is nearly evaporated. Season with **salt** and **pepper**. Transfer to a bowl and set aside.



4 MAKE CHEDDAR FRICO

Line another baking sheet with parchment paper. (**TIP:** If you don't have parchment, that's ok! Just remove crispy frico from baking sheet while still hot.) Place **cheese** in four even piles on baking sheet. Bake until melted in middle and crispy at the edges, 5-7 minutes.



5 COOK BURGERS

Meanwhile, heat a large drizzle of **olive oil** in same large pan over high heat. Add **burgers** and cook to desired doneness, 3-6 minutes per side. After you flip the **burgers**, place **buns** in oven to toast 3-4 minutes.



6 ASSEMBLE BURGERS

Place **burgers**, **caramelized onion jam**, **tomato slices**, **ketchup**, and a **cheddar frico** inside each **bun**. Serve with crispy **broccoli** on the side.

SUCCESS!

Fan of frico? Next time, use it to garnish soups and salads.

