



# FRENCH ONION BURGERS

with Béchamel Sauce and Kale Chips



## HELLO

### BÉCHAMEL SAUCE

The thick and creamy sauce is like a fancy French gravy.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 870



Yellow Onion



Kale



Beef Stock Concentrate



Milk  
(Contains: Milk)



Ground Beef



Gruyère Cheese  
(Contains: Milk)



Thyme



Flour  
(Contains: Wheat)



Nutmeg



Brioche Buns  
(Contains: Wheat, Milk, Eggs)

## START STRONG

Make sure to start stirring the flour as soon as it goes into the pan. This will help eliminate any lumps or clumps in the finished sauce.

## BUST OUT

- Baking sheet
- Whisk
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Small pot

## INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Kale 4 oz | 8 oz
- Thyme ¼ oz | ½ oz
- Beef Stock Concentrate 1 | 2
- Flour 1 TBSP | 2 TBSP
- Milk ½ Cup | 1 Cup
- Nutmeg ⅛ tsp | ¼ tsp
- Ground Beef 10 oz | 20 oz
- Gruyère Cheese ½ Cup | 1 Cup
- Brioche Buns 2 | 4

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP AND BAKE KALE

Wash and dry all produce. Adjust rack to middle position and preheat oven to 350 degrees. Halve, peel, and thinly slice **onion**. Remove and discard stems and large ribs from **kale**. Tear leaves into bite-size pieces and toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Bake in oven until crisp, 10-12 minutes.



## 4 MAKE PATTIES

Shape **beef** into two evenly-sized patties (they should be slightly wider than the buns). Season all over with **salt** and **pepper**. Heat a drizzle of **olive oil** in pan used for onion over medium-high heat. Add **patties** and cook until just shy of desired doneness, 3-5 minutes per side. Sprinkle **cheese** on top of each patty, cover pan, and let cheese melt, 1-2 minutes.



## 2 CARAMELIZE ONION

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **onion** and **thyme sprigs**. Cook, tossing, until soft and browned, 7-8 minutes. Stir in **stock concentrate**, **1 tsp sugar**, and **¼ cup water**. Simmer until onion is jammy, 2-3 minutes. Remove and discard thyme sprigs. Remove onion from pan and set aside. Wipe out pan.



## 5 TOAST BUNS

While patties cook, split **buns** in half and place on a baking sheet. Toast in oven until golden, 2-3 minutes.



## 3 MAKE BÉCHAMEL SAUCE

While onion cooks, melt **1 TBSP butter** in a small pot over medium heat. Add **flour** and stir until lightly toasted, about 1 minute. Slowly whisk in **½ cup milk** (we sent more). Simmer until thickened, 1-2 minutes. Season with a pinch of **nutmeg** (we sent more than needed), **salt**, and **pepper**. Set aside off heat.



## 6 ASSEMBLE AND SERVE

Spread **béchamel sauce** onto **buns**, then fill each with **patties** and **onion**. Serve with **kale chips** to the side.

## POWER UP!

Kale chips are also a great anytime snack.

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