



# GRILLED CAPRESE BURGERS

with Charred Zucchini and Spicy Balsamic Ketchup



**HELLO**  
**CAPRESE BURGERS**  
Beef patties meet a tricolor trifecta of mozzarella, tomato, and basil.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 750**

-  Zucchini
-  Ground Beef
-  Parmesan Cheese  
(Contains: Milk)
-  Fresh Mozzarella  
(Contains: Milk)
-  Basil
-  Balsamic Glaze
-  Ciabatta Bread  
(Contains: Wheat)
-  Italian Seasoning
-  Chili Flakes
-  Beefsteak Tomato
-  Ketchup

## START STRONG

This recipe can be prepared in a pan, grill pan, or on the grill—it's versatile that way. But keep an eye out for doneness, since cook times may vary (and use a thermometer, if you have one, for your patties).

## BUST OUT

- Medium bowl
- Grill or large pan
- Large bowl
- Small bowl
- Olive oil (1 TBSP)
- Vegetable oil (1 TBSP)

## INGREDIENTS

Ingredient 4-person

- |                     |        |
|---------------------|--------|
| • Zucchini          | 2      |
| • Ciabatta Bread    | 4      |
| • Ground Beef       | 20 oz  |
| • Parmesan Cheese   | ¼ Cup  |
| • Italian Seasoning | 1 tsp  |
| • Chili Flakes      | 1 tsp  |
| • Fresh Mozzarella  | 4 oz   |
| • Beefsteak Tomato  | 1      |
| • Basil             | ½ oz   |
| • Ketchup           | 4 TBSP |
| • Balsamic Glaze    | 5 tsp  |

## WINE CLUB

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## 1 PREP

**Wash and dry all produce.** Trim stem ends from **zucchini**, then halve lengthwise. Slice halves lengthwise into ¼-inch-thick planks. Place in a medium bowl and toss with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside. Split **ciabattas** in half, then brush cut sides with a drizzle of olive oil.



## 4 PREP AND MELT CHEESE

While **patties** cook, slice **mozzarella** into four equally thick slices. Slice **tomato** crosswise into four rounds. Pick **basil leaves** from stems; discard stems. After patties have cooked 4-5 minutes, flip and cook on other side for 1 minute, then top each with a slice of mozzarella. Cover grill or pan and cook until mozzarella melts, about 3 minutes.



## 2 GRILL CIABATTAS

Prepare a grill for direct heat and brush grates with a drizzle of **vegetable oil**. (**TIP:** If cooking indoors, heat a grill pan or large pan over medium-high heat.) Place **ciabattas** on grill or in pan cut-side down. Toast until light golden, 2-3 minutes. Set aside on a plate.



## 5 ASSEMBLE BURGERS

Mix **ketchup**, **balsamic glaze**, and a pinch of **chili flakes** (use more to taste) in a small bowl. Spread mixture onto cut side of **ciabattas**. Fill ciabattas with a slice of **tomato** and a **patty** each. Top patties with **basil leaves**. Set aside. Lightly brush grill grates with another drizzle of **vegetable oil** (or heat a drizzle of olive oil in your pan).



## 3 GRILL PATTIES

In a large bowl, mix **beef**, half the **Parmesan**, **Italian seasoning**, **salt**, **pepper**, and a pinch of **chili flakes** (use more for extra heat). Shape into four 1-inch-thick patties. Lightly brush grill grates with another drizzle of **vegetable oil** (or heat a drizzle of oil in pan). Add patties and cook until marks appear on bottom, 4-5 minutes (don't flip just yet).



## 6 FINISH AND SERVE

Add **zucchini** to grill or pan and cook until marks appear, about 2 minutes. Flip and sprinkle with remaining **Parmesan**. Cover grill or pan and cook until tender and grill marks appear on other side, about 2 minutes. Divide zucchini and **burgers** between plates and serve.

## FRESH TALK

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