



SEP
2016

The Icon Burger

with Crispy Zucchini Fries

The burger you've all been waiting for is finally here! It's stacked high with a rich short-rib blend, mild cheddar cheese, crunchy pickles, and red onion—not to mention a thick potato bun slathered with mustard and ketchup. Our chefs opted for crispy baked zucchini fries to give this iconic dish a healthy twist. One bite is all it takes to put the burger competition to shame.



Prep: 5 min
Total: 30 min



level 1



nut
free



HelloFresh
Burger Blend



Potato
Buns



Zucchini



Red
Onion



Dill
Pickle



Green Leaf
Lettuce



Mayonnaise



Panko
Breadcrumbs



Cheddar
Cheese



Yellow
Mustard



Ketchup

Ingredients

	2 People	4 People	*Not Included
HelloFresh Burger Blend	12 oz	24 oz	Allergens
Potato Buns	1) 2	4	1) Wheat
Zucchini	1	2	2) Eggs
Red Onion	1	1	3) Soy
Dill Pickle	1	2	4) Milk
Green Leaf Lettuce	3 Leaves	6 Leaves	
Mayonnaise	2) 3) 1 T	2 T	
Panko Breadcrumbs	1) 3) ¼ Cup	½ Cup	
Cheddar Cheese	4) 2 Slices	4 Slices	
Yellow Mustard	1 T	1 T	Tools
Ketchup	1 T	2 T	Medium bowl,
Oil*	2 t	4 t	Baking sheet, Large pan

Nutrition per person Calories: 976 cal | Fat: 65 g | Sat. Fat: 24 g | Protein: 45 g | Carbs: 54 g | Sugar: 11 g | Sodium: 1476 mg | Fiber: 5 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Cut the **zucchini** into ½-inch sticks. Thinly slice 3 rounds of **onion**. Thinly slice the **pickle** into rounds.

2



2 Make the zucchini fries: Add the **zucchini** to a medium bowl with **1 Tablespoon mayonnaise**. Toss to thoroughly coat. Add the **panko** into the bowl to coat the zucchini. Season generously with **salt** and **pepper**. Spread the **zucchini fries** onto a lightly oiled baking sheet. (**HINT:** Some of the breadcrumbs will fall off, but that's okay!) Place in the oven for 15-20 minutes, tossing once, until golden brown and crispy.

4



3 Form the patties: Form the **burger blend** into **two patties**, and season generously on all sides with **salt** and **pepper**. Press a small indent into the center of each patty.

4 Cook the patties: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **patties**. Cook 2-5 minutes per side, until cooked to desired doneness (2 minutes for rare and up to 5 for well-done).

5 Toast the buns: While the **burgers** cook, split the **buns** and place in the oven to toast 3-4 minutes.

6 Assemble and serve: During the last minute of cooking, top each **patty** with a **cheese slice**, and cover the pan until the cheese melts. Spread the **buns** with **mustard** and **ketchup**. Fill with a **burger**, some **pickles**, **onions**, and **lettuce**. Serve the **crispy zucchini fries** on the side with any remaining **sauc**es for dipping. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

