












THE PAT LAFRIEDA BURGER

with Balsamic Onions and Crispy Cauliflower Oven Fries



HELLO
PAT LAFRIEDA HAMBURGER BLEND
 Custom-made for HelloFresh with
 American-raised and grazed Black Angus beef

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 820

-  Cauliflower Florets
-  Red Onion
-  Balsamic Vinegar
-  Dried Oregano
-  Brioche Buns
(Contains: Wheat, Milk, Eggs)
-  Panko Breadcrumbs
(Contains: Wheat)
-  Garlic
-  Pat LaFrieda Hamburger Blend
-  Mayonnaise
(Contains: Eggs, Soy)

START STRONG

Got a grill? Fire it up! The burgers will taste great cooked on the grates. Place them over direct heat and grill to your desired doneness, 3-5 minutes per side. You can even toast the buns on there, too.

BUST OUT

- Medium bowl
- 2 Baking sheets
- Large pan
- Paper towel
- Small bowl
- Oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Cauliflower Florets 10 oz | 20 oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Red Onion 1 | 2
- Garlic 1 Clove | 2 Cloves
- Balsamic Vinegar 1 TBSP | 2 TBSP
- Pat LaFrieda Hamburger Blend 10 oz | 20 oz
- Dried Oregano 1 tsp | 2 tsp
- Mayonnaise 1 TBSP | 2 TBSP
- Brioche Buns 2 | 4

HELLO WINE



PAIR WITH
Le Franc Pays d'Oc
Cabernet Sauvignon, 2016

HelloFresh.com/Wine



1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 425 degrees. Toss **cauliflower** with **panko**, a large drizzle of **oil**, and a pinch of **salt** and **pepper** in a medium bowl. Transfer to a baking sheet and bake until browned and crisp, about 25 minutes.

TIP: Don't worry if a few crumbs fall off.



4 MAKE BURGERS

Shape **Pat LaFrieda Hamburger Blend** into two patties with your hands (you'll want them to be slightly wider than the buns). Season with **oregano**, **salt**, and **pepper**. Carefully wipe out pan you cooked onion in with a paper towel, then heat a drizzle of **oil** in it over medium-high heat. Add patties and cook to desired doneness, 3-5 minutes per side.



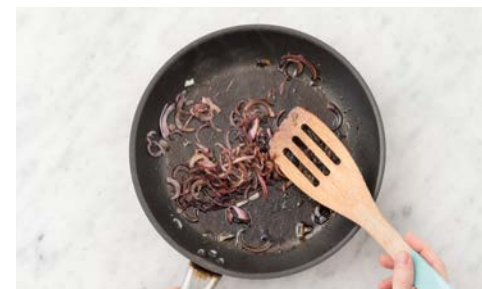
2 PREP

Halve, peel, and thinly slice **onion**. Mince or grate **1 clove garlic** (use the other clove as you like).



5 MAKE AIOLI AND TOAST BUNS

In a small bowl, combine **1 TBSP mayonnaise** (we sent more) and a pinch of **garlic**. Season with **salt**, **pepper**, and more garlic (to taste). Split **buns** in half, place on another baking sheet, and toast in oven until golden brown, 3-5 minutes.



3 COOK ONION

Heat a drizzle of **oil** in a large pan over medium heat. Add **onion** and cook until softened, 4-5 minutes, tossing occasionally. Stir in **1 TBSP balsamic vinegar** (we sent more) and reduce heat to low. Cook until very soft, about 10 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



6 ASSEMBLE AND SERVE

Spread **aioli** on **buns**, then fill each with a **burger** and some **onion**. Serve with **cauliflower** on the side.

INCREDIBLE!

This may be the burger of a lifetime, thanks to some seriously tasty Pat LaFrieda beef.

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