



BALSAMIC ONION BURGERS

with Crispy Cauliflower Oven Fries



HELLO

BALSAMIC ONIONS

Sweet and soft with a vinegary punch

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 720



Cauliflower Florets



Red Onions



Balsamic Vinegar



Dried Oregano



Brioche Buns
(Contains: Wheat, Eggs, Milk)



Panko Breadcrumbs
(Contains: Wheat)



Garlic



Ground Beef



Mayonnaise
(Contains: Eggs, Soy)

START STRONG

Be careful when wiping out the hot pan. Try wadding up the paper towel and grabbing it with tongs before scrubbing.

BUST OUT

- Large bowl
- 2 Baking sheets
- Large pan
- Paper towel
- Small bowl
- Oil (5 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|-----------------------|----------|
| • Cauliflower Florets | 20 oz |
| • Panko Breadcrumbs | ½ Cup |
| • Red Onions | 2 |
| • Garlic | 2 Cloves |
| • Balsamic Vinegar | 2 TBSP |
| • Ground Beef | 16 oz |
| • Dried Oregano | 2 tsp |
| • Mayonnaise | 4 TBSP |
| • Brioche Buns | 4 |

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1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 425 degrees. In a large bowl, toss **cauliflower**, **panko**, a large drizzle of **oil**, and a pinch of **salt** and **pepper**. Transfer to a baking sheet and roast in oven until golden brown, about 25 minutes. **TIP:** Don't worry if a few crumbs fall off.



4 MAKE BURGERS

Shape **beef** into four evenly sized **patties** with your hands. Season with **oregano**, **salt**, and **pepper**. Carefully wipe out pan you cooked **onions** in with a paper towel, then heat a drizzle of **oil** in pan over medium-high heat. Add patties and cook to desired doneness, 3-5 minutes per side.



2 PREP

Halve, peel, and thinly slice **onions**. Mince or grate **garlic**.



5 MAKE GARLIC AIOLI

Combine **mayonnaise** and **garlic** (to taste) in a small bowl. (**TIP:** Start with a pinch of garlic, then go up from there.) Season with **salt** and **pepper**. Split **buns** in half, place on another baking sheet, and toast in oven until golden brown, 3-5 minutes.



3 COOK ONION

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



6 FINISH AND SERVE

Spread **garlic aioli** on **buns** and top each with a **burger** and **onions**. Serve with **cauliflower** on the side.



KIDS CAN HELP!

WELL DONE!

Use any extra aioli as a dip for the fries.