



Smoky Beef Cheeseburgers with Caramelized Onions

Family Friendly 20-30 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



 Swap	 Swap
	
Ground Turkey 250 g 500 g	Beyond Meat® 2 4
	
Ground Beef 250 g 500 g	BBQ Sauce 2 tbsp 4 tbsp
	
Artisan Bun 2 4	Red Onion 1 2
	
Spring Mix 56 g 113 g	Smoked Paprika-Garlic Blend 1 tbsp 2 tbsp
	
Cheddar Cheese, shredded ¼ cup ½ cup	Mayonnaise 2 tbsp 4 tbsp
	
Balsamic Vinegar 1 tbsp 2 tbsp	Italian Breadcrumbs 2 tbsp 4 tbsp
	
Mini Cucumber 1 2	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, pepper, oil, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, small bowl

1



Caramelize onions

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **onion** into ¼-inch slices.
- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **1 tsp** (2 tsp) **sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 6-8 min. Stir in **half the Smoked Paprika-Garlic Blend** and **half the vinegar**.
- Transfer **onions** to a plate, then cover to keep warm.
- Carefully rinse and wipe the pan clean.

4



Toast buns and melt cheese

- Arrange **buns** on the other side of the baking sheet with **patties**, cut-sides up. (**NOTE:** For 4 ppl, use another unlined baking sheet.)
- Toast in the **top** of the oven until **buns** are toasted and **cheese** melts, 3-4 min. (**NOTE:** For 4 ppl, toast in batches.) (**TIP:** Keep an eye on buns so they don't burn!)

2



Form and cook patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Add **beef**, **breadcrumbs**, **remaining Smoked Paprika-Garlic Blend** and ¼ **tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **two** (four) **4-inch-wide patties**.
- Heat the same pan over medium. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until cooked through, 4-5 min per side.**
- Remove the pan from heat, then transfer **patties** to one side of an unlined baking sheet.
- Sprinkle **cheese** evenly over **patties**. Set aside.

5



Assemble salad

- Meanwhile, Thinly slice **cucumber**.
- Add **remaining balsamic vinegar**, ⅛ **tsp** (¼ tsp) **sugar** and ½ **tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then combine.
- Add **cucumbers** and **spring mix**, then toss to combine just before serving.

3



Make BBQ mayo

- Meanwhile, add **mayo** and **half the BBQ sauce** (use all for 4ppl) to a small bowl.
- Season with **pepper**, then stir to combine.

6



Finish and serve

- Toss **salad** to combine.
- Spread **BBQ mayo** onto **top** and **bottom buns**.
- Stack **patties** and **caramelized onions** onto **bottom buns**. Close with **top buns**.
- Divide **burgers** and **salad** between plates.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Form and cook patties

Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef****.

2 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. (**NOTE:** Save breadcrumbs and remaining Smoked Paprika-Garlic Blend for another use.) Cook **patties** the same way the recipe instructs you to cook the **beef****.

** Cook to a minimum internal temperature of 74°C/165°F.