










Smash Burgers

with Burger Sauce and Sweet Potato Wedges













Family Friendly 35-45 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

 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](https://www.hellofresh.ca) 



	
Ground Beef 250 g 500 g	Artisan Bun 2 4
	
Dijon Mustard 1 tbsp 2 tbsp	Dill Pickle, sliced 90 ml 180 ml
	
Sweet Potato 2 4	Yellow Onion 1 2
	
Mayonnaise 2 tbsp 4 tbsp	Cheddar Cheese, shredded 1/4 cup 1/2 cup
	
Ketchup 2 tbsp 4 tbsp	Smoked Paprika-Garlic Blend 1 tbsp 2 tbsp
	
Tomato 1 2	Italian Breadcrumbs 2 tbsp 4 tbsp

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 | Pepper, salt, oil, sugar

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, parchment paper, 2 small bowls, spatula

1



Roast sweet potato wedges

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

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potato wedges**, **Smoked Paprika-Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.

4



Cook patties

Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Reheat the same pan (from step 2) over medium-high.
- When hot, add **patties** to the dry pan. Using the back of a spatula, gently press down on **each patty**.
- Cook until bottoms are golden-brown, 3-4 min.
- Flip **patties**. Cook until the other side is golden-brown and **patties** are cooked through, 3-4 min.**

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

2



Cook onions

- Meanwhile, peel, halve, then cut **onion** into ¼-inch slices.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring often, until slightly softened, 2-3 min.
- Reduce heat to medium. Add **1 tsp** (2 tsp) **sugar** and season with **salt**.
- Cook, stirring occasionally, until **onions** are golden-brown, 3-5 min.
- Remove from heat. Transfer to a small bowl. Set aside.
- Carefully wipe the pan clean.

5



Make burger sauce

- Meanwhile, add **ketchup**, **mayo** and **remaining Dijon** to another small bowl. Season with **salt** and **pepper**, then stir to combine.
- Halve **buns**. Arrange on an unlined baking sheet, cut-side up.
- Sprinkle **cheese** over **bottom buns**. Toast **buns** in the **middle** of the oven until **cheese** melts, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)

3



Prep

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Meanwhile, cut **pickles** into ¼-inch strips.
- Cut **tomato** into ¼-inch slices.
- Combine **beef**, **breadcrumbs**, **half the Dijon**, **½ tsp** (1 tsp) **salt** and **½ tsp** (1 tsp) **pepper** in a medium bowl.
- Form **beef mixture** into **two** (four) **4-inch-wide patties**.

6



Finish and serve

- Spread **half the burger sauce** on **top buns**.
- Stack **patties**, **onions**, **tomatoes** and **pickles** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **sweet potato wedges** between plates.
- Serve **any remaining burger sauce** on the side for dipping.

Measurements
within steps

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

3 | Prep

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****.

3 | Prep

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. (**NOTE:** Save breadcrumbs for another use.)

3 | Prep

*2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Form into **four** (eight) **4-inch-wide patties**.

4 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

Cook **Beyond Meat® patties** the same way the recipe instructs you to cook the **beef****.

4 | Cook patties

*2 Double | **Ground Beef**

Don't overcrowd the pan. Pan-fry **patties** in batches, if needed!