



# Smash Burgers

## with Burger Sauce and Seasoned Potatoes

Family Friendly 35 - 45 Minutes



|      |      |        |
|------|------|--------|
| Swap | Swap | Double |
|      |      |        |

Customized Protein Add Swap or 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)



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You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$249.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

**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.**

**Ingredient quantities** 56 g | 113 g  
 2 person | 4 person

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 potatoes

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

- Quarter **potatoes**.
- Add **potatoes**, **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.

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.

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 4-inch-wide burger patties** (4 patties for 4 ppl).

4



### Cook patties

- 🔄 Swap | **Beyond Meat®**

- 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.\*\*

5



### Make burger sauce and toast buns

- 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.)

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 **potatoes** 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**, cook it in the same way the recipe instructs you to cook the **beef**\*\*

3 | Prep

- 🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**.

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 and plate **Beyond Meat® patties** in the same way the recipe instructs you to cook and plate the **beef**\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.