


















# 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

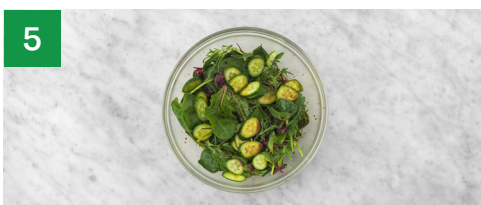


### Form and cook patties

- ◻ 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.