



Italian-Inspired Beef Burgers

with Caramelized Onions and Roasted Parmesan Potatoes

Family Friendly 30-40 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](https://www.hellofresh.ca)

↻ Swap	×2 Double
Ground Turkey 250 g 500 g	Ground Beef 500 g 1000 g



Ground Beef 250 g 500 g	Yellow Potato 350 g 700 g
Yellow Onion 1 2	Parmesan Cheese, shredded ¼ cup ½ cup
Artisan Bun 2 4	Mayonnaise 4 tbsp 8 tbsp
Baby Spinach 28 g 56 g	Balsamic Vinegar 1 tbsp 2 tbsp
Italian Breadcrumbs 4 tbsp 8 tbsp	Garlic Salt 1 tsp 2 tsp

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, salt, oil, pepper

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

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Balsamic Vinegar Guide for Step 2:**
 - Mild: 1 tsp (2 tsp)
 - Medium: 2 tsp (4 tsp)
 - Extra: 1 tbsp (2 tbsp)

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)
- Sprinkle **half the Parmesan** over **potatoes** and continue to roast until **Parmesan** melts, 2-3 min.

4



Make Parmesan mayo

- Meanwhile, add **mayo** and **remaining Parmesan** to a small bowl.
- Season with **pepper**, then stir to combine.

2



Caramelize onions

- Meanwhile, peel, then cut **onion** into ¼-inch slices.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp (2 tbsp) oil**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Reduce heat to medium, then add **1 tsp (2 tsp) sugar** and **3 tbsp (6 tbsp) water**. Season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 6-8 min.
- Remove from heat. Add **2 tsp (4 tsp) vinegar**. (**NOTE:** Reference balsamic vinegar guide.)
- Stir until **onions** are coated, 1 min.
- Transfer to a plate. Carefully wipe the pan clean.

5



Toast buns

- Halve **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (**TIP:** Keep your eye on buns so they don't burn!)

3



Form and cook patties

Swap | Ground Turkey

+ Add | Ground Beef

- Meanwhile, add **beef, breadcrumbs** and **remaining garlic salt** to a medium bowl. (**TIP:** If you prefer a more tender patty, add an egg to mixture!)
- Season with **pepper**, then combine.
- Form **mixture** into **2 (4) 5-inch-wide patties**.
- Reheat the same pan over medium.
- When hot, add **patties** to the dry pan. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.)
- Pan-fry until cooked through, 4-5 min per side.**
- Transfer to a plate, then cover to keep warm.

6



Finish and serve

- Spread **some Parmesan mayo** onto **bottom buns**, then stack with **spinach, patties** and **caramelized onions**. Close with **top buns**.
- Divide **burgers** and **roasted Parmesan potatoes** between plates.
- Serve **remaining Parmesan mayo** alongside for dipping.

Measurements
within steps

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

3 | Form and cook patties

Swap | Ground Turkey

If you've opted to get **turkey**. Prep the **patties** in the same way the recipe instructs you to prep the **beef patties**. Add **1 tbsp (2 tbsp) oil** to the pan, then cook in the same way as the **beef patties****

3 | Form and cook patties

+ Add | Ground Beef

If you've opted for **double beef**, add an extra **¼ tsp (½ tsp) salt** to the **beef mixture**. (**TIP:** If you prefer a more tender patty, add 2 eggs to mixture!) Form into **4 (8) 5-inch-wide patties**.

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