









# Saucy Cheeseburgers and Fried Onions

## with Sweet Potato Wedges and BBQ Sauce










Family Friendly 20-30 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  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
	
Cheddar Cheese, shredded ½ cup   1 cup	BBQ Sauce 4 tbsp   8 tbsp
	
Spring Mix 28 g   56 g	Sweet Potato 2   4
	
Mayonnaise 4 tbsp   8 tbsp	Red Onion 1   1
	
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 | Salt, pepper, oil

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 potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per 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, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



### Cook patties

Swap | **Beyond Meat®**

\*2 Double | **Ground Beef**

- Heat the same pan (from step 2) over medium-high.
- When hot, add **patties** to the dry pan. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.) Pan-fry one side until golden, 4-5 min.
- Flip **patties**, then top with **cheese**. Cover and cook until **cheese** is melted and **patties** are cooked through, 4-5 min. **\*\*** Remove from heat.

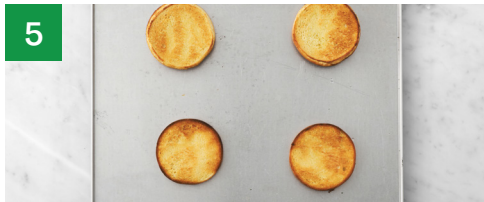
2



### Prep and cook onions

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions**.
- Cook, stirring occasionally, until softened, 4-6 min. Season with **salt**.
- Transfer **onions** to a small bowl and set aside.

5



### Toast buns

- Meanwhile, halve **buns**.
- Arrange on an unlined baking sheet, cut-side up.
- Bake in the **bottom** of the oven until **buns** are golden-brown, 4-6 min. (**TIP:** Keep an eye on buns so they don't burn!)

3



### Make patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

\*2 Double | **Ground Beef**

- Meanwhile, add **beef**, **breadcrumbs**, ¼ **tsp** (½ **tsp**) **salt** and **pepper** to a medium bowl, then combine.
- Form **mixture** into **two** (four) **4-inch-wide patties**.

6



### Finish and serve

- Meanwhile, stir together **BBQ sauce** and **mayo** in another small bowl. Season with **salt** and **pepper**.
- Spread **half the BBQ sauce mixture** over **buns**.
- Stack **onions**, **patties** and **spring mix** on **bottom buns**.
- Close with **top buns**.
- Divide **cheeseburgers** and **sweet potato wedges** between plates.
- Serve **remaining BBQ sauce mixture** on the side for dipping.

Measurements within steps

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

### 3 | Make 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**. **\*\***

### 3 | Make patties

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 | Make patties

\*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) **5-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!

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