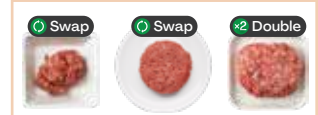




# French Dip Burgers

## with White Cheddar Cheese and Caramelized Onions

35 Minutes













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
-  White Cheddar Cheese, shredded  
½ cup | 1 cup
-  Beef Broth Concentrate  
2 | 4
-  Yellow Onion  
1 | 2
-  Red Wine Vinegar  
1 tbsp | 2 tbsp
-  Baby Spinach  
113 g | 227 g
-  Italian Breadcrumbs  
4 tbsp | 8 tbsp
-  Whole Grain Mustard  
1 tbsp | 2 tbsp
-  Mayonnaise  
2 tbsp | 4 tbsp
-  Tomato  
1 | 2
-  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** | Salt, sugar, pepper, oil, unsalted butter

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

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 **tblsp**) **oil**, then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add 1 **tsp** (2 **tsp**) **sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.
- Transfer **onions** to a plate and set aside. Carefully wipe the pan clean.

4



## Make jus

- Meanwhile, heat a small pot over medium heat.
- When hot, add 1 **tbsp** (2 **tblsp**) **butter**, 1 **tbsp** (2 **tblsp**) **caramelized onions**, ½ **cup** (1 **cup**) **water** and **broth concentrate**. Cook, stirring often, until **jus** reduces slightly, 5-6 min.

2



## Prep

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Cut **cucumber** into ¼-inch rounds.
- Combine **mayo** and **mustard** in a small bowl.
- Combine **beef**, **breadcrumbs**, ½ **tsp** (1 **tsp**) **salt** and ¼ **tsp** (½ **tsp**) **pepper** in a large bowl. (**TIP:** If you prefer more tender patties, add an egg to mixture!)
- Form **mixture** into **two** (four) **4-inch-wide patties**.

5



## Toast buns

- Meanwhile, halve **buns**, then arrange on a parchment-lined baking sheet, cut-side up.
- Sprinkle **cheese** over **top buns**.
- Toast in the **middle** of the oven until **buns** are golden and **cheese** is melted, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)

3



## Cook patties

🔄 Swap | **Beyond Meat®**

- Reheat the same pan (from step 1) 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 **patties** to a plate, then cover to keep warm.

6



## Finish and serve

- Whisk together **vinegar**, 2 **tblsp** (4 **tblsp**) **oil** and ¼ **tsp** (½ **tsp**) **sugar** in a medium bowl. Add **spinach**, **cucumbers** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Spread **mustard-mayo** over **bottom buns**, then stack with **patties** and **remaining caramelized onions**. Close with **top buns**.
- Divide **burgers** and **salad** between plates.
- Serve **jus** on the side for dipping.

Measurements  
within steps

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

2 | 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**.\*\*

2 | Prep

🔄 Swap | **Beyond Meat®**

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

2 | Prep

×2 Double | **Ground Beef**

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

3 | Cook Beyond Meat® patties

🔄 Swap | **Beyond Meat®**

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

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