



Saucy Cheeseburgers and Fried Onions

with Sweet Potato Wedges and BBQ Mayo

Family Friendly 25-35 Minutes

Customized Protein

+ Add

Swap

or

x2 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)




 Ground Turkey 250 g 500 g	 Beyond Meat® 2 4
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 Ground Beef 250 g 500 g	 Artisan Bun 2 4
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 Cheddar Cheese, shredded ½ cup 1 cup	 BBQ Sauce 4 tbsp 8 tbsp
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 Spring Mix 28 g 56 g	 Sweet Potato 2 4
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 Mayonnaise 4 tbsp 8 tbsp	 Red Onion 1 1
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 Italian Breadcrumbs 2 tbsp 4 tbsp	 BBQ Seasoning 4 tbsp 8 tbsp
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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-serving 4-serving

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.
- To a parchment-lined baking sheet, add **sweet potatoes** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **1 tbsp** (2 tbsp) **BBQ Seasoning**, **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Cook patties

Swap | **Beyond Meat®**

- 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 for 4-5 min, until golden.
- Flip **patties**, then top with **cheese**. Cover and cook for 4-5 min, until **cheese** is melted and **patties** are cooked through. ****** Remove from heat.

2



Prep and cook onions

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

5



Toast buns

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

3



Make patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Meanwhile, to a medium bowl, add **beef**, **breadcrumbs**, **remaining BBQ Seasoning**, ¼ **tsp** (½ **tsp**) **salt** and ⅛ **tsp** (¼ **tsp**) **pepper**, then combine.
- Form **mixture** into two (four) 4-inch-wide **patties**.

6



Finish and serve

- Meanwhile, in another small bowl, stir together **BBQ sauce** and **mayo**. Season with **salt** and **pepper**.
- Spread **half the BBQ mayo** 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 mayo** on the side for dipping.

Measurements within steps | 1 **tbsp** (2 **tbsp**) **oil** | 2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Make patties

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**. ******

3 | Make Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep in the same way the recipe instructs you to prep the **beef**.

4 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **Beyond Meat® patties**. Cook in the same way as the **beef**. ******

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