

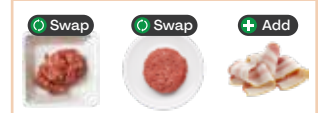


# Saucy Cheeseburgers and Fried Onions

## with Sweet Potato Wedges and BBQ Sauce

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](https://www.hellofresh.ca)

Ground Turkey 250 g | 500 g  
Beyond Meat® 2 | 4  
Bacon Strips 100 g | 200 g



- 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
- BBQ Seasoning  
36 g | 72 g

**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

- 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, stirring occasionally, until golden, 4-6 min. 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®**
- **+ Add** | **Bacon Strips**
- 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

- **+ Add** | **Bacon Strips**
- Meanwhile, in another small bowl, stir together **BBQ sauce** and **mayo**. 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-serving 4-serving Ingredient

### For 6 servings

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**, prep and cook in the same way the recipe instructs you to prep and cook the **beef**\*\*

### 3 | Make Beyond Meat® patties

**Swap** | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep and cook the **beef**\*\*

### 3 | Cook bacon and make patties

**+ Add** | **Bacon Strips**

If you've opted to add **bacon**, on a parchment-lined baking sheet, arrange **bacon strips** in a single layer. Roast **bacon** in the **top** of the oven for 8-12 min, until crispy and cooked through.\*\* Using tongs, transfer **bacon** to a paper towel-lined plate.

### 6 | Finish and serve

**+ Add** | **Bacon Strips**

Top **burgers** with **bacon** when you assemble them.

\*\* Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 165°F, and bacon to a minimum internal temperature of 160°F.