



# Caramelized Onion Burgers

with Garlic Aioli and Baked Cauliflower 'Frites'

35 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add protein, simply follow the instructions on the back of this card and you're set. Happy cooking!



Ground Beef



Double Ground Beef



Garlic, cloves



Cauliflower, florets



Panko Breadcrumbs



Red Onion



Balsamic Vinegar



Mayonnaise



Brioche Bun



Baby Spinach

HELLO CARAMELIZED ONIONS

*The perfect sweet and savoury burger topper!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.


### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust out

2 Baking sheets, 2 medium bowls, measuring spoons, small bowl, large non-stick pan

## Ingredients

|  | 2 Person | 4 Person |
|--|----------|----------|
| Ground Beef  | 250 g    | 500 g    |
|  Double Ground Beef | 500 g    | 1000 g   |
| Garlic, cloves   | 2        | 4        |
| Cauliflower, florets   | 285 g    | 570 g    |
| Panko Breadcrumbs  | ¼ cup    | ½ cup    |
| Red Onion  | 113 g    | 226 g    |
| Balsamic Vinegar   | 1 tbsp   | 2 tbsp   |
| Mayonnaise   | 4 tbsp   | 8 tbsp   |
| Brioche Bun  | 2        | 4        |
| Baby Spinach   | 28 g     | 56 g     |
| Sugar*   | 1 tsp    | 2 tsp    |
| Oil*   |          |          |
| Salt and Pepper*   |          |          |

\* Pantry items

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

## 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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 23-25 min.



## Make patties and finish onions

While **onions** cook, add **beef**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer patty, add an egg to the mixture!) Form **beef mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl). Set aside. When **onions** are done, remove the pan from heat, then stir in **vinegar**. Transfer **onions** to another plate and set aside. Carefully wipe the pan clean.

### CUSTOM RECIPE

If you've opted for **double beef**, add another **¼ tsp salt** (dbl for 4 ppl) to the **mixture**. (**TIP:** If you prefer a firmer patty, add an egg to the mixture! For 4 ppl, add 2 eggs.) Form into **four 4-inch-wide patties** (8 patties for 4 ppl).



## Prep and toast panko

While **cauliflower** roasts, peel, then cut **onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium heat. When hot, add **panko** to the dry pan. Cook, stirring often, until toasted, 2-3 min. Remove the pan from heat, then transfer **panko** to a plate. Set aside. Carefully wipe the pan clean.



## Cook patties

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry until **patties** are cooked through, 3-4 min per side. (\*\* While **patties** cook, combine **mayo** and **¼ tsp remaining garlic** in a small bowl. (**NOTE:** Reference garlic guide.) Toss **cauliflower** with **half the garlic aioli** in another medium bowl. Sprinkle **panko** over top, then stir to coat.

### CUSTOM RECIPE

If you've opted for **double beef**, don't overcrowd the pan. Pan-fry **patties** in batches, if needed!



## Caramelize onions

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until dark golden-brown, 3-4 min.



## Finish and serve

Set the oven to broil. Halve **buns**, then arrange on another unlined baking sheet, cut-side up. Toast **buns** in the **middle** of the oven until golden, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!) Spread **remaining garlic aioli** over **bottom buns**, then stack with **patties**, **caramelized onions**, **baby spinach** and **top buns**. Divide **burgers** and **cauliflower 'frites'** between plates.

## Dinner Solved!