



Grilled Veggie Burgers and Caramelized Onions

with Beyond Meat® and Grilled Sweet Potatoes

Grill

Veggie

30 Minutes



Beyond Meat®



Brioche Bun



Aged White Cheddar
Cheese, shredded



Mayonnaise



Red Onion



Sweet Potato



Arugula and
Spinach Mix



Balsamic Glaze



Dijon Mustard



Garlic



Baby Tomatoes

HELLO BALSAMIC GLAZE

A sweet and tart flavour maker great for a variety of dishes from salads to desserts!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

Bust out

Baking sheet, measuring spoons, silicone brush, medium pot, large bowl, small bowl, whisk

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Brioche Bun	2	4
Aged White Cheddar Cheese, shredded	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Red Onion	113 g	226 g
Sweet Potato	340 g	680 g
Arugula and Spinach Mix	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Garlic	3 g	6 g
Baby Tomatoes	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep and make aioli

Cut **sweet potatoes** lengthwise into ½-inch thick slices. Peel, then mince or grate **garlic**. Peel, then cut **onion** into ¼-inch slices. Halve **tomatoes**. Halve **buns**. Add **mayo**, **garlic** and **Dijon** to a small bowl. Season with **salt** and **pepper**, then stir to combine. (**NOTE**: This is your aioli.)



Grill patties and make vinaigrette

When **sweet potatoes** are halfway done, add **patties** to the grill. Close lid and grill **patties**, flipping once, until cooked through, 4-5 min per side. ** Add **remaining balsamic glaze** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**, then whisk to combine. (**NOTE**: This is your vinaigrette.)



Grill sweet potato

Add **sweet potatoes** to a baking sheet. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top, then season with **salt** and **pepper**. Use a brush to coat **sweet potatoes** with **oil**. Transfer **sweet potatoes** from baking sheet to grill. Close lid and grill flipping halfway, until tender, 16-18 min.



Toast buns and melt cheese

When the **patties** and **sweet potatoes** are almost done, sprinkle **cheese** onto **patties** until **cheese** melts, 2-3 min. Add **buns** to other side of grill, cut-side down. Close lid and grill **buns** until toasted, 2-3 min. (**NOTE**: Keep an eye on buns so that they don't burn!)



Caramelize onions

While **sweet potatoes** grill, heat a medium pot over medium-high heat. Add **2 tsp oil** (dbl for 4 ppl), then **onions**. Season with **salt**. Cook, stirring occasionally, until **onions** are soft and golden, 5-6 min. Reduce heat to medium-low, then stir in **half the balsamic glaze**. Cook, stirring occasionally, until **onions** are golden-brown, 4-6 min. Remove from heat.



Finish and serve

Add **arugula and spinach mix** and **tomatoes** to the bowl with **vinaigrette**, then toss to combine. Divide **salad** between plates. Spread some **aioli** on **bottom buns**, then top with **patties**, **caramelized onions** and **top buns**. Serve **sweet potatoes** alongside with any **remaining aioli**, for dipping.

Dinner Solved!