



Italian-Inspired Beef Burgers

with Caramelized Onions and Roasted Parmesan Potatoes

Family Friendly 35 Minutes

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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)



 Swap	 Swap
	
Mild Italian Sausage, uncased 250 g 500 g	Beyond Meat® 2 4

	
Ground Beef 250 g 500 g	Russet Potato 2 4

	
Yellow Onion 1 2	Parmesan Cheese, shredded ¼ cup ½ cup

	
Artisan Bun 2 4	Mayonnaise 4 tbsp 8 tbsp

	
Baby Spinach 28 g 56 g	Balsamic Vinegar 2 tsp 4 tsp

	
Italian Breadcrumbs ¼ cup ½ cup	Garlic Salt 1 tsp 2 tsp

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.

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce
- **Balsamic Vinegar Guide for Step 2:**
 - Mild: **1 tsp** (2 tsp)
 - Medium: **2 tsp** (4 tsp)
 - Extra: **1 tbsp** (2 tbsp)
- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)
- Sprinkle **half the Parmesan** over **potatoes** and continue to roast until **Parmesan** melts, 2-3 min.

2



Caramelize onions

- Meanwhile, peel, then cut **onion** into ¼-inch slices.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Reduce heat to medium, then add **1 tsp** (2 tsp) **sugar** and **3 tbsp** (6 tbsp) **water** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 6-8 min.
- Remove from heat. Add **2 tsp** (4 tsp) **vinegar**. (**NOTE:** Reference balsamic vinegar guide.)
- Stir until **onions** are coated, 1 min.
- Transfer to a plate. Carefully wipe the pan clean.

3



Form and cook patties

- Swap | **Mild Italian Sausage**
- Swap | **Beyond Meat®**
- Meanwhile, add **beef**, **breadcrumbs** and **remaining garlic salt** to a medium bowl. (**TIP:** If you prefer a more tender patty, add an egg to mixture!)
- Season with **pepper**, then combine.
- Form **mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).
- Reheat the same pan 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 to a plate, then cover to keep warm.

4



Make Parmesan mayo

- Meanwhile, add **mayo** and **remaining Parmesan** to a small bowl.
- Season with **pepper**, then stir to combine.

5



Toast buns

- Halve **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (**TIP:** Keep your eye on buns so they don't burn!)

6



Finish and serve

- Spread **some Parmesan mayo** onto **bottom buns**, then stack with **spinach**, **patties** and **caramelized onions**. Close with **top buns**.
- Divide **burgers** and **roasted Parmesan potatoes** between plates.
- Serve **remaining Parmesan mayo** alongside for dipping.

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

3 | Form and cook sausage patties

Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**. ******

3 | Form and cook Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form **patties**. Reserve **breadcrumbs** and **remaining garlic salt** for another use. Cook the **Beyond Meat® patties** in the same way the recipe instructs you to cook the **beef patties**. ******

** Cook beef, sausage and Beyond Meat® to a minimum internal temperature of 74°C/165°F.

