



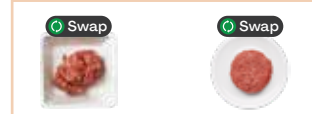
Saucy Cheeseburgers and Fried Onions

with Sweet Potato Wedges and BBQ Sauce

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap 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)



Ground Turkey
250 g | 500 g

Beyond Meat®
2 | 4



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
½ | 1



Italian Breadcrumbs
2 tbsp | 4 tbsp

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 sweet potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Start 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 until golden-brown, 2-4 min per side.
- Transfer **patties** to one side of another parchment-lined baking sheet, then top with **cheese**.

2



Prep and cook onions

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) 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 softened, 4-6 min. Season with **salt**.
- Transfer **onions** to a small bowl and set aside.

5



Finish patties and toast buns

- Meanwhile, halve **buns**.
- Arrange on the other side of the baking sheet with **patties**, cut-side up.
- Bake in the **bottom** of the oven until **buns** are golden-brown, **cheese** is melted and **patties** are cooked through, 4-6 min. **** (TIP:** Keep an eye on buns so they don't burn!)

3



Make patties

Swap | Ground Turkey

Swap | Beyond Meat®

- Meanwhile, add **beef**, **breadcrumbs**, ¼ **tsp** (½ tsp) **salt** and **pepper** to a medium bowl. (**TIP:** If you prefer a more tender patty, add an egg to the mixture!) Season with **pepper**, then combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).

6



Finish and serve

- Meanwhile, stir together **BBQ sauce** and **mayo** in another small bowl. 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 person 4 person Ingredient

3 | Make patties

Swap | Ground Turkey

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

3 | Make patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Cook and plate it the same way the recipe instructs you to cook and plate the **beef**.****** Save **breadcrumbs** for another use.

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

