



# CARAMELIZED PINEAPPLE TERIYAKI BURGERS

with Sweet Potato Wedges and Sriracha Mayo



**HELLO**  
**CARAMELIZED PINEAPPLE**

A rich and toasty tropical treat for your burger

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 960**

-   
Sweet Potatoes
-   
Pineapple
-   
Sriracha
-   
Teriyaki Sauce  
(Contains: Soy)
-   
Red Onions
-   
Mayonnaise  
(Contains: Eggs)
-   
Ground Beef
-   
Potato Buns  
(Contains: Eggs, Milk, Wheat)

## START STRONG

In step 1, we instruct you to drain your pineapple and discard the juice. If you're all about upcycling, save the sweet stuff for adding to smoothies, sauces, or cocktails!

## BUST OUT

- Strainer
- Baking sheet
- Small bowl
- Large bowl
- Large pan
- Vegetable oil (5 tsp)

## INGREDIENTS

Ingredient 4-person

- |  |        |
|--|--------|
| • Sweet Potatoes   | 4      |
| • Red Onions   | 2      |
| • Pineapple  | 8 oz   |
| • Mayonnaise   | 4 TBSP |
| • Sriracha  | 2 tsp  |
| • Ground Beef*   | 20 oz  |
| • Teriyaki Sauce   | 8 oz   |
| • Potato Buns  | 4      |

\* Beef is fully cooked when internal temperature reaches 160 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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## 1 PREP

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Cut **sweet potatoes** into ½-inch-thick wedges. Trim and peel **onions**, then cut into ½-inch-thick rings, keeping them intact. Mince a few slices until you have 2 TBSP. Drain **pineapple**; discard any juice.



## 4 CARAMELIZE PINEAPPLE AND COOK ONIONS

Heat a drizzle of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **pineapple** and cook, stirring occasionally, until caramelized, 3-5 minutes. Transfer to a cutting board and roughly chop. Wipe out pan. Heat another drizzle of oil in same pan over medium-high heat. Add **onion slices** and season with **salt**. Cook until softened and charred, 3-4 minutes per side. Transfer to a plate.



## 2 ROAST SWEET POTATOES AND MIX MAYO

Toss **sweet potatoes** on a baking sheet with a large drizzle of **oil**, **pepper**, and a large pinch of **salt**. Roast, flipping halfway through, until browned and tender, 20-25 minutes. Meanwhile, in a small bowl, combine **mayonnaise** and **sriracha** (to taste).



## 5 COOK PATTIES

Heat a drizzle of **oil** in same pan over medium-high heat. Add **patties** and cook until just shy of desired doneness, 3-5 minutes per side. Transfer to a plate. Wipe out pan and return to medium-high heat. Pour in remaining **teriyaki sauce** and simmer until thickened, about 2 minutes. Return patties to pan, turning to coat in glaze. Cook to desired doneness, about 1 minute more.



## 3 FORM PATTIES

In a large bowl, combine **beef**, **minced onion**, **2 TBSP teriyaki sauce** (you'll use the rest later), **pepper**, and a couple large pinches of **salt**. Form into four equal-sized patties, each slightly wider than a burger bun.



## 6 FINISH AND SERVE

Halve **buns**. (**TIP:** If desired, toast buns until golden, 3-4 minutes.) Fill with **glazed patties**, **pineapple**, and **onion slices**. Serve **sweet potato wedges** and **sriracha mayo** on the side.

## FRESH TALK

If you could be any animal for a day, which would you be and what would you do?

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