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Caramelized Onion Burgers

with Garlic Aioli and Crispy Cauliflower

These burgers are topped with balsamic-caramelized onions and garlic aioli for a huge hit of flavor. Instead of fries, we're tossing cauliflower in panko for a deliciously crispy alternative.

 30 min

 level 1

 nut free



Ground Beef



Cauliflower



Red Onion



Garlic



Dried Oregano



Panko



Mayonnaise



Balsamic Vinegar



Hamburger Buns

Ingredients	2 People	4 People	*Not Included
Ground Beef	10 oz	20 oz	
Cauliflower	1 head	2 heads	
Red Onion	1	2	
Garlic	1 clove	2 cloves	
Dried Oregano	1 t	2 t	
Panko	1) ¼ c	½ c	
Mayonnaise	2) 3) 1 T	2 T	
Balsamic Vinegar	1 T	2 T	
Hamburger Buns	1) 2) 3) 4) 2	4	

Allergens
 1) Wheat
 2) Soy
 3) Eggs
 4) Milk

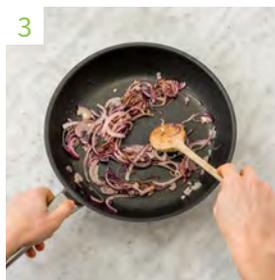
Tools
 Medium Bowl,
 Baking Sheet, Medium Pan,
 Small Bowl

Nutrition per person Calories: 717 cal | Fat: 34 g | Sat. Fat: 9 g | Protein: 41 g | Carbs: 64 g | Sugar: 16 g | Sodium: 491 mg | Fiber: 7 g

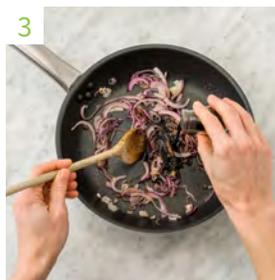
Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 425 degrees. Remove the **ground beef** from the refrigerator, bringing to room temperature. Halve, peel, and thinly slice all of the **red onion**. Mince or grate the **garlic**. Cut the **cauliflower** into bite-sized florets.



2 Roast the cauliflower: In a medium bowl, toss the **cauliflower florets** with the **panko**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place the florets on a baking sheet and roast for about 25 minutes, until golden brown.



3 Caramelize the onions: Heat a drizzle of **oil** in a medium pan over medium heat. Add the **sliced onions** and cook, tossing, for 4-5 minutes until softened. Add the **balsamic vinegar** and cook, tossing over low heat for about 10 minutes, until slightly caramelized. Season the onions with **salt** and **pepper**. Set the onions aside and wipe the pan clean.



4 Form and season the burgers: Meanwhile, form the **ground beef** into two equal-sized patties. Season with the **oregano**, **salt** and **pepper**.

5 Cook the beef: Using the same pan, heat another drizzle of **oil** over medium-high heat. Add the **burger patties** and cook for 2-5 minutes per side, until cooked to desired doneness.

6 Make the garlic aioli: While the **burgers** cook, combine in a small bowl, the **mayonnaise**, **minced garlic** (to taste, start with a little and go up from there!), and a pinch of **salt** and **pepper**. Split and place the **buns** in the oven for 3-5 minutes to toast.

7 Finish and plate: Remove the **buns** from the oven. Spread with the **garlic aioli** and top with a **burger** and the **caramelized onions**. Serve the **crispy cauliflower** on the side and enjoy!

Ruler

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