



# Caramelized Onion Burgers

## with Garlic Aioli and Baked Cauliflower 'Frites'

**PRONTO** 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Beef



Garlic



Cauliflower, florets



Panko Breadcrumbs



Red Onion, sliced



Balsamic Vinegar



Oregano



Mayonnaise



Artisan Bun



Baby Arugula

**HELLO CARAMELIZED ONIONS**

*You'll love our quick method to making this sweet onion condiment.*

## START HERE

- Before starting, preheat the oven to 425°F
- Wash and dry all produce.

### Garlic Guide for Step 5:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

### Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Spoons, Small Bowl, Medium Bowl, Garlic Press

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Garlic	6 g	12 g
Cauliflower, florets	285 g	570 g
Panko Breadcrumbs	¼ cup	½ cup
Red Onion, sliced	113 g	227 g
Balsamic Vinegar	1 tbsp	2 tbsp
Oregano	7 g	7 g
Mayonnaise	¼ cup	½ cup
Artisan Bun	2	4
Baby Arugula	56 g	56 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°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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### 1. ROAST CAULIFLOWER FRITES

Cut **cauliflower** into bite-sized pieces. Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 23-25 min.



### 4. MAKE PATTIES & FINISH ONIONS

While **onions** cook, combine **beef**, **oregano**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. Form **beef mixture** into **two 4-inch wide burger patties** (four patties for 4 ppl). Set aside. When **onions** are done, remove pan from heat. Stir in **vinegar**. Transfer **onions** to another plate and set aside. Carefully wipe pan clean.



### 2. PREP & TOAST PANKO

While **cauliflower** roasts, roughly chop **1 tbsp oregano leaves** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium heat. When hot, add **panko** to the dry pan. Cook, stirring often, until toasted, 2-3 min. Remove the pan from heat, then transfer **toasted panko** to a plate. Set aside. Carefully wipe the pan clean.



### 5. COOK PATTIES

Heat same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry, until **patties** are cooked through, 3-4 min per side.\*\* Meanwhile, mix **mayo** and **¼ tsp remaining garlic** (**NOTE:** Reference Garlic Guide in Start Strong) in a small bowl. Toss **roasted cauliflower** with **half the garlic-mayo** in another medium bowl. Sprinkle over **toasted panko**, then stir to coat.



### 3. CARAMELIZE ONIONS

Heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until dark golden-brown, 3-4 min.



### 6. FINISH AND SERVE

Set the oven to **broil**. Halve **buns** and arrange them, cut-side up, on the baking sheet. Toast **buns** in **middle** of oven, until golden, 2-3 min. (**TIP:** Keep an eye on the buns so they don't burn!) Spread **remaining garlic-mayo** over **bottom buns**, then top with **patties**, **caramelized onions**, **arugula** and **top bun**. Divide **burgers** and **cauliflower frites** between plates.

## Dinner Solved!