



# CARMELIZED ONION BURGERS

with Garlic Aioli and Crispy Cauliflower



HELLO

## CARMELIZED ONIONS

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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 579



Ground Beef



Garlic



Cauliflower, florets



Panko Breadcrumbs



Red Onion, sliced



Balsamic Vinegar



Dried Oregano



Mayonnaise



Brioche Buns

## BUST OUT

- 3 Medium Bowls
- Baking Sheet
- Medium Non-Stick Pan
- Large Non-Stick Pan
- Sugar (1 tsp | 2 tsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Ground Beef 1 pkg (285 g) | 2 pkg (570 g)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Cauliflower, florets 1 pkg (285 g) | 2 pkg (570 g)
- Panko Breadcrumbs 1 1/4 cup | 2 1/2 cup
- Red Onion, sliced 1 pkg (113 g) | 2 pkg (227 g)
- Balsamic Vinegar 9 1/2 bottle (1 tbsp) | 1 bottle (2 tbsp)
- Dried Oregano 1 pkg (1 tsp) | 2 pkg (2 tsp)
- Mayonnaise 3 6 pkg (4 tbsp) | 12 pkg (8 tbsp)
- Brioche Buns 1,3,8 2 | 4

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\* Laver et sécher tous les aliments.

\*\* Cook to a minimum internal temperature of 160°F. Cuire jusqu'à une température interne minimale de 160°F.

## START STRONG

Preheat the oven to **425°F** (to roast the cauliflower). Start prepping when the oven comes up to temperature!



**1 ROAST CAULIFLOWER** Wash and dry all produce.\* Mince or grate the **garlic**. On a baking sheet, toss the **cauliflower** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



**4 COOK BURGERS** Meanwhile, in another medium bowl, combine the **ground beef**, **oregano** and **half the garlic**. Season with **salt** and **pepper**. Form the beef mixture into two 5-inch wide burger patties (4 patties for 4 people). Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **burgers**. Pan-fry the burgers until cooked through, 3-5 min per side.\*\*



**2 TOAST PANKO** Meanwhile, heat a medium non-stick pan over medium heat. Add the **panko**. Cook, stirring often, until toasted, 2-3 min. Transfer to a medium bowl.



**5 MAKE AIOLI** Meanwhile, in another medium bowl, stir together the **mayonnaise** and **remaining garlic**. Season with **salt** and **pepper**. Split the **buns** and spread the bottom halves with **half the aioli**. When the **cauliflower** is finished roasting, toss them with the **remaining aioli**.



**3 CAMELIZE ONIONS** Add a drizzle of **oil** to the same pan, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce the heat to low, then add **1 tsp sugar** (double for 4 people) and **1/2 bottle vinegar** (1 bottle for 4 people). Cook, stirring occasionally, until the onion is dark golden and sticky, 18-20 min.



**6 FINISH AND SERVE** Top each **bun** with a **burger patty** and **onions**. Toss the mayo-coated **cauliflower** with the **panko**. Serve the burgers with the cauliflower on the side.

## MAKE IT AGAIN!

Caramelized onions go well on just about anything – try it on eggs or pasta!