



OCT
2016

Italian Ciabatta Burgers

with Mozzarella Cheese and Sweet-and-Tangy Salad

We've taken an American classic and given it an Italian makeover by swapping out traditional buns for ciabatta bread. Your whole family will love the crusty outside and irresistibly soft inside. Plus, it's hearty enough to hold the juicy patties, gooey cheese, and refreshing greens.



Prep: 5 min
Total: 30 min



level 1



nut
free



Ground
Beef



Ciabatta
Rolls



Spring
Mix



Tomato
Paste



Balsamic
Vinegar



Mozzarella
Cheese



Red
Onion



Garlic

Ingredients

		4 People
Ground Beef		20 oz
Ciabatta Rolls	1)	4
Spring Mix		4 oz
Tomato Paste		1 T
Balsamic Vinegar		3 T
Mozzarella Cheese	2)	1 Cup
Red Onion		1
Garlic		2 Cloves
Sugar*		2 t
Olive Oil*		10 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pan, Large bowl, Whisk

Nutrition per person Calories: 725 cal | Fat: 32 g | Sat. Fat: 11 g | Protein: 46 g | Carbs: 60 g | Sugar: 6 g | Sodium: 800 mg | Fiber: 4 g

1



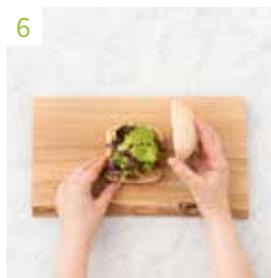
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3



6



1 Caramelize the onion: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **onion**. Heat a large drizzle of **olive oil** in a large pan over medium heat. Add the onion and **2 teaspoons sugar**. Cook, tossing, for 6-8 minutes, until caramelized. Season with **salt** and **pepper**. Remove from the pan and set aside. **TIP:** For a bolder flavor, add 1 Tablespoon **balsamic vinegar** to the pan after the onions are caramelized, then reduce until syrupy.

2 Make the vinaigrette: Mince or grate $\frac{1}{2}$ **teaspoon garlic**. In a large bowl, whisk together **1 Tablespoon tomato paste**, **2 Tablespoons balsamic vinegar**, **2 Tablespoons olive oil**, and as much of the **garlic** as you like. Season with **salt** and **pepper**.

3 Cook the burgers: Form the **ground beef** into two patties, and season on both sides with **salt** and **pepper**. In the same pan, heat a large drizzle of **olive oil** over medium-high heat. Add the **patties**. Cook 2-4 minutes per side, until almost cooked to desired doneness. Top with **mozzarella cheese**. Cover the pan for another minute, until the cheese melts.

4 Toast the ciabatta: While the **burgers** cook, halve the **ciabatta rolls**. Place in the oven to toast 3-5 minutes.

5 Toss the salad: Toss the **spring mix** into the **vinaigrette**, and season with **salt** and **pepper**.

6 Assemble the burgers: Place each **burger** inside a **bun**, then top with the **caramelized onion** and a bit of **sweet-and-tangy salad**. Serve the remaining salad on the side and enjoy!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics**, and you'll be entered into our weekly photo contest!

