



## Hawaiian Loco Moco Plant-Based Burger

with Caramelized Onion Gravy & Rice



30min



2 Servings

From the islands to your dinner table, this meal is inspired by the iconic Hawaiian comfort food called "loco moco." It features a juicy beef patty topped with onion gravy and a sunny-side-up egg, sitting on a bed of rice. Making it a bit more "loco," we amp up the gravy with mushrooms and serve the dish with sautéed spinach to cut through some of the richness.

## What we send

- 5 oz jasmine rice
- 1 yellow onion
- 4 oz mushrooms
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- 1½ oz Worcestershire sauce <sup>4</sup>
- 1 pkt beef broth concentrate
- ½ oz tamari soy sauce <sup>6</sup>
- 5 oz baby spinach
- ¼ oz fresh chives

## What you need

- kosher salt & pepper
- olive oil
- sugar
- all-purpose flour <sup>1</sup>
- 2 large eggs <sup>3</sup>

## Tools

- small saucepan
- medium nonstick skillet

## Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 870kcal, Fat 37g, Carbs 90g, Protein 40g



### 1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



### 4. Cook spinach & beef

Heat **2 teaspoons oil** in reserved skillet over medium-high. Add **spinach** and **a pinch each of salt and pepper**; cook, stirring, until just wilted, 1-2 minutes. Transfer to plate with **onions**, keeping them separate.

Add **beef patties** to same skillet. Cook over medium-high heat until well-browned and medium-rare, about 3 minutes per side. Transfer to a plate; cover to keep warm.



### 2. Caramelize onions

Halve and thinly slice **all of the onion**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **onions, ½ teaspoon sugar**, and **a pinch each of salt and pepper**. Cook, stirring, until onions are well browned (add 1 tablespoon water at a time, as needed, to scrape up browned bits), 12-15 minutes. Transfer onions to a plate. Reserve skillet for step 4.



### 5. Make gravy

Add **mushrooms** and **a drizzle of oil** (if dry) to same skillet; season with **salt** and **pepper**. Cook, stirring occasionally, until well browned, 3-4 minutes. Add **caramelized onions** and **beef broth mixture**. Bring to a simmer; cook, stirring occasionally, until gravy is thickened and glossy, about 5 minutes. Return to measuring cup. Wipe out skillet.



### 3. Prep ingredients

Meanwhile, trim stem ends from **mushrooms**, then thinly slice caps.

In a medium bowl, knead to combine **beef, 1½ teaspoons Worcestershire**, and **a pinch each of salt and pepper**; form into 2 (4-inch) patties.

In a liquid measuring cup, stir to combine **broth concentrate, tamari, remaining Worcestershire, ¾ cup water**, and **2 teaspoons flour**.



### 6. Fry eggs & serve

Heat **2 teaspoons oil** in same skillet over medium-high. Crack in **2 large eggs**; season with **salt** and **pepper**. Cook, undisturbed, until whites are just set, 1-2 minutes. Cover and cook 1 minute more.

Serve **rice** topped with **spinach** and **beef patties**. Top with **gravy, fried eggs**, and freshly snipped **chives**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**