



Bunless Cheeseburger

with Israeli Couscous Salad

 30min  2 Servings

We've elevated the standard burger with sweet caramelized onions and melted cheddar cheese and replaced the bun with a nutritious Israeli couscous side salad studded with golden raisins and crunchy pepitas. (Fun fact! Pepitas are a variety of shell-less pumpkin seeds.) Arugula, tossed in at the end, is just hearty enough to stand up to a flavorful grass-fed beef patty.

What we send

- 1 medium red onion
- 10 oz grass-fed ground beef
- 3 oz Israeli couscous ¹
- 1 lemon
- 1½ oz golden raisins ¹²
- 1 oz pepitas
- 2 oz shredded cheddar-jack blend ⁷
- 3 oz arugula

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- large skillet
- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 67g, Carbs 64g, Proteins 44g



1. Prep ingredients

Halve and thinly slice **all of the onion** through the root end. Finely chop **¼ cup of the onion**. Shape **beef** into 2 (6-inch) patties (about ½-inch thick). Press your thumb in the center of each patty to make an indentation. Bring a medium saucepan of **salted water** to a boil.



4. Make couscous salad

Finely grate **half of the lemon zest** and squeeze **juice from half of the lemon** into a large bowl. Whisk in **2 tablespoons oil** and season with **salt** and **pepper**. Add **cooked couscous, chopped onions, golden raisins, arugula, and pepitas**; toss to combine. Season to taste with **salt** and **pepper**.



2. Caramelize onions

Heat **1 tablespoon oil** in a large skillet over medium. Add **sliced onions**; cover and cook, stirring occasionally, until softened, about 3 minutes. Uncover, season with **salt**, and cook, stirring frequently, until onions are golden brown, 8-10 minutes more. Transfer to a bowl and cover to keep warm. Wipe out skillet and reserve for step 5.



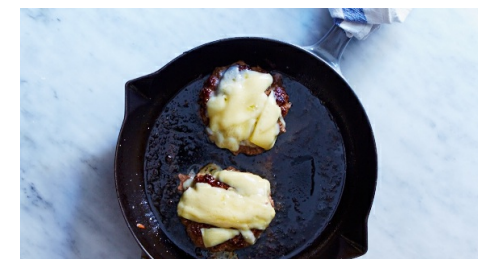
5. Cook burgers

Heat **2 teaspoons oil** in reserved skillet over medium-high. Season **patties** all over with **salt** and **pepper**; add to skillet, indentation side up. Cook until browned, about 3 minutes.



3. Cook couscous

Add **couscous** to boiling water and cook until al dente, 5-6 minutes. Drain and rinse under **cold water**.



6. Melt cheese & serve

Flip **burgers**, top with **cheese**, and cover. Cook until cheese is melted and burgers are cooked to desired doneness, 3-4 minutes for medium. If cheese isn't fully melted, remove skillet from heat and cover to melt. Serve **burgers** topped **caramelized onions** with **couscous salad**, and **lemon wedges** for squeezing over, if desired. Enjoy!