



Smash Plant-Based Burger & Crispy Onion Rings

with Special Sauce & Spinach Salad



30-40min



2 Servings

Is there anything better than crisp onion rings served alongside a plant-based ground burger? No, it is comfort food perfection. But we're always tweaking our techniques to make weeknight cooking a little easier. Here, we lighten up our favorite burger companion by ditching the frying and opting for a baked version. The result is crunchy and golden and without any stovetop top splatter

What we send

- 2 oz mayonnaise ^{3,6}
- 2 oz panko ¹
- 2 (1 oz) sour cream ⁷
- ¼ oz ranch seasoning ⁷
- 3 oz baby spinach
- 1 yellow onion
- ¾ oz dill pickles
- 2 potato buns ^{1,7,11}
- ½ lb pkg Impossible patties ⁶

What you need

- ketchup
- kosher salt & ground pepper
- ½ cup all-purpose flour ¹
- neutral oil
- apple cider vinegar (or red wine vinegar)

Tools

- rimmed baking sheet
- large heavy skillet (preferably cast-iron)

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 50g, Carbs 83g, Protein 34g



1. Prep ingredients

Preheat oven to 450°F with a rimmed baking sheet set on a rack in the upper third. Cut **onion** crosswise into ½-inch thick slices; separate into rings. Finely chop **1 tablespoon pickles** (reserve rest for garnish). In a small bowl, stir to combine **mayonnaise, chopped pickles,** and **2 tablespoons ketchup**. Season to taste with **salt** and **pepper**.



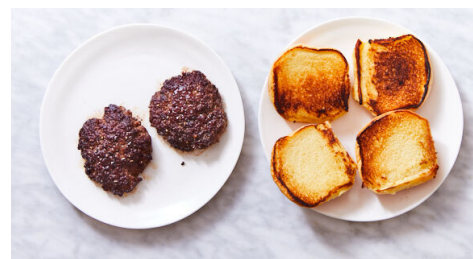
4. Smash burgers

Divide **plant-based ground** into 2 equal portions, if necessary. Heat a large heavy skillet (preferably cast-iron) over high until very hot, about 2 minutes. Lightly brush with **oil**. Add plant-based ground and smash each mound flat with a spatula. Season well with **salt** and cook, undisturbed, until outer edges are brown, about 2-3 minutes.



2. Coat onion rings

In a large bowl, combine **½ cup flour** and **½ cup water**; season with **salt** and **pepper**, then whisk until smooth. Add **onion rings** to bowl and toss to coat with batter. Place **panko** in a sealable bag; season with **salt** and **pepper**. Working in batches, add onion rings to bag, seal to close, then shake to coat onion rings with panko.



5. Flip burgers & toast buns

Flip **burgers**, season with **salt**, and cook until well-browned, about 2 minutes more. Transfer to a plate.

Add **buns**, cut side down, to same skillet and toast until lightly browned, 1-2 minutes.



3. Bake onion rings

Carefully remove preheated baking sheet from oven, then generously drizzle with **oil**. Add **onion rings** in a single layer and drizzle more **oil** over top; season with **salt**. Bake on top oven rack, flipping once, until golden and crisp, about 20 minutes (watch closely as ovens vary).



6. Make salad & serve

In a medium bowl, whisk to combine **all of the sour cream, ranch seasoning, 2 tablespoons water, 1 tablespoon oil,** and **1 teaspoon vinegar**. Add **spinach** and toss to coat.

Serve **burgers** on **buns** with a **dollop of special sauce** and **remaining pickles**. Serve **salad, onion rings,** and **remaining special sauce** alongside. Enjoy!