



## Bunless Cheeseburger

with Israeli Couscous Salad



30min



2 Servings

We've elevated the standard burger with sweet caramelized onions and melted cheddar-jack cheese and replaced the bun with a nutritious Israeli couscous side salad studded with golden raisins and crunchy toasted 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 pkg grass-fed ground beef
- 3 oz Israeli couscous <sup>1</sup>
- 1 lemon
- 1 oz golden raisins <sup>12</sup>
- 3 oz arugula
- 1 oz pumpkin seeds
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium saucepan
- large skillet
- microplane or grater

## 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 940kcal, Fat 60g, Carbs 58g, Proteins 46g



### 1. Prep ingredients

Halve and thinly slice **all of the onion** through the root end. Finely chop ¼ cup of the sliced onions. 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.



### 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.



### 3. Cook couscous

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



### 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 pumpkin seeds**; toss to combine. Season to taste with **salt** and **pepper**.



### 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.



### 6. Melt cheese & serve

Flip **burgers**, top with **shredded cheddar-jack cheese**, and cover. Cook until cheese is melted and burgers are medium, 3-4 minutes (or longer for desired doneness). If cheese isn't fully melted, remove skillet from heat and cover to melt. Serve **burgers** topped with **caramelized onions**, with **couscous salad** alongside. Enjoy!