



## French Dip Burger & Sweet Potato Fries

with Arugula Salad



30-40min



2 Servings

| We customized this recipe with sweet potatoes.



## What we send

- 2 sweet potatoes
- 1 onion
- 1 pkt beef broth concentrate
- 10 oz pkg grass-fed ground beef
- 2 oz shredded fontina <sup>7</sup>
- 2 Martin's potato buns <sup>1,7,11</sup>
- 3 oz arugula

## What you need

- ½ c olive oil
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- red wine vinegar (or white wine vinegar)

## Tools

- rimmed baking sheet
- medium skillet
- small saucepan

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 1220kcal, Fat 68g, Carbs 95g, Protein 48g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, halve lengthwise, and cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **2 tablespoons oil** and season with **salt** and **pepper**; spread in an even layer. Roast on lower oven rack, without stirring, until golden and crisp, about 25 minutes (watch closely as ovens vary).



### 4. Make burgers

Shape **beef** into 2 (5-inch) patties. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet over high until very hot. Add **burgers** and cook until well browned on one side, about 3 minutes.



### 2. Cook onions

Halve and thinly slice **½ cup onion**, then finely chop **2 tablespoons onion**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **sliced onions** and **a pinch each of salt and pepper**; cook, stirring, until golden brown and softened, 3-4 minutes. Transfer caramelized onions to a small bowl. Reserve skillet for step 4.



### 5. Add cheese & toast buns

Flip **burgers** and top with **cheese**; cover and cook, 2-3 minutes more, or until just medium-rare (or longer for desired doneness). Transfer burgers to a plate. Add **1 teaspoon oil** to same skillet, if dry. Add **buns**, cut side down, and toast until lightly browned, about 30 seconds (watch closely).



### 3. Make broth

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped onions**; cook, stirring, until softened, about 2 minutes. Whisk in **1 tablespoon flour**, and cook, about 1 minute. Slowly whisk in **beef broth concentrate**, **1 ½ cups water**, and **½ teaspoon pepper**. Bring to a simmer; cook until slightly thickened and reduced to ¾ cup, about 7 minutes.



### 6. Make salad & serve

In a medium bowl, whisk to combine **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch each of salt and pepper**. Toss **arugula** with **vinaigrette**. Place **burgers** on **buns** and top with **caramelized onions**. Serve **burgers** alongside **salad** and **potatoes**, with **broth** on the side for dipping as you go. Enjoy!