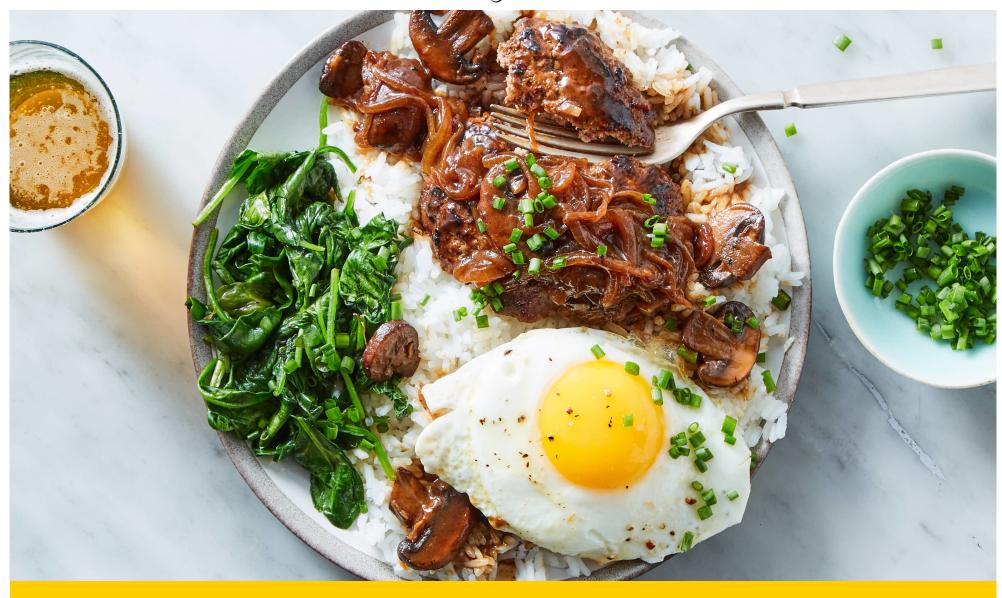
# $\frac{\text{martha stewart}}{\text{MARLEY SPOON}} \& \frac{\$}{\text{SPOON}}$



# **Loco Moco Burger & Cauliflower Rice**

We made this recipe carb conscious by customizing with cauliflower.

with Caramelized Onion Gravy





#### What we send

- 1 yellow onion
- 4 oz mushrooms
- 10 oz pkg grass-fed ground beef
- 1½ oz Worcestershire sauce
- 1 pkt beef broth concentrate
- 1/2 oz tamari 6
- 5 oz baby spinach
- ¼ oz fresh chives
- 1 head cauliflower

### What you need

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

#### **Tools**

medium nonstick skillet

#### Allergens

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

#### **Nutrition per serving**

Calories 680kcal, Fat 37g, Carbs 32g, Protein 45g



#### 1. Cook cauliflower rice

Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.



#### 2. Caramelize onions

Halve and thinly slice all of the onion.

Heat **1 tablespoon oil** in same 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.



# 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.



# 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.



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.



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