



Loco Moco Burger & Cauliflower Rice

with Caramelized Onion Gravy

| We made this recipe carb conscious by customizing with cauliflower.



30min



2 Servings

What we send

- 1 yellow onion
- 4 oz mushrooms
- 10 oz pkg grass-fed ground beef
- 1½ oz Worcestershire sauce⁴
- 1 pkt beef broth concentrate
- ½ oz tamari⁶
- 5 oz baby spinach
- ¼ oz fresh chives
- 1 head cauliflower

What you need

- kosher salt & pepper
- olive oil
- sugar
- all-purpose flour¹
- 2 large eggs³

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.



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.



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.



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.



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**.






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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**