

DINNERLY



Blue Cheese Burgers & Sweet Potato Fries

with Caramelized Onions



30min



2 Servings

This version of the recipe is customized with sweet potatoes.

WHAT WE SEND

- 2 sweet potatoes
- 10 oz pkg grass-fed ground beef
- 1 yellow onion
- 2 potato buns ^{1,7,11}
- 1 oz blue cheese crumbles ⁷

WHAT YOU NEED

- all-purpose flour ¹
- neutral oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)
- sugar
- ketchup (optional)

TOOLS

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

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 1020kcal, Fat 49g, Carbs 93g, Protein 43g



1. Cook sweet potato fries

Preheat oven to 450°F with a rimmed baking sheet on a rack in the upper third.

Scrub **sweet potatoes**; cut lengthwise into ¼-inch thick fries. Toss in a large bowl with **1 tablespoon flour** and **2 teaspoons oil**; season with **salt** and **pepper**. Carefully transfer to preheated baking sheet and spread into a single layer. Roast on upper oven rack until tender and browned, 16–20 minutes.



2. Prep beef & onions

Reduce oven to 200°F; keep **fries** warm until ready to serve.

Divide **beef** into 2 equal portions (do not form patties); season all over with **salt**.

Halve and thinly slice **onion**.



3. Caramelize onions

Heat **2 tablespoons oil** in a medium heavy skillet over medium-high. Add **onions**; cook, stirring occasionally, until starting to soften, 5–7 minutes. Reduce heat to medium; add **¼ cup water**, **1 tablespoon vinegar**, and **½ teaspoon sugar**. Continue cooking until deeply browned and jammy, about 5 minutes more; transfer to a bowl.



4. Deglaze pan & toast buns

To same skillet, add **2 tablespoons water**; scrape up any browned bits from the bottom. Pour mixture over bowl with **onions**. Wipe out skillet.

Heat **2 teaspoons oil** in same skillet over medium-high. Split **buns** and place in skillet, cut side-down; toast until lightly browned, 1–2 minutes. Transfer to a plate.



5. Cook burgers & serve

Heat **½ tablespoon oil** in same skillet. Add **beef** and smash each mound flat with a spatula, forming 2 (5-inch) patties. Cook, undisturbed, until edges are browned and burgers are medium-rare, 2–3 minutes per side (or longer for desired doneness).

Serve **burgers** with **caramelized onions** and **blue cheese**. Serve **sweet potato fries** with **ketchup** alongside, if desired. Enjoy!



6. Add condiments!

Go crazy with more burger toppings like garlic mayo, sliced tomato, lettuce, and whatever your heart desires.