





Grass-Fed Burger

with Crispy Asparagus Fries

 30-40min  2 Servings

We sear grass-fed beef burgers in a hot skillet, so they develop a savory crust. Instead of serving ketchup with these patties, we flip the script with fresh plum tomatoes, which sear in the same skillet and get caramelized and jammy. We pair this out-of-the-box burger dinner with crispy asparagus fries coated in panko and a creamy feta cheese sauce that does double duty as both a condiment and a dip for the asparagus fries.

What we send

- ½ lb asparagus
- 1 oz panko ¹
- 2 oz feta ⁷
- ½ oz whole-grain mustard ¹⁷
- 2 oz mayonnaise ^{3,6}
- 10 oz pkg grass-fed ground beef
- 1 plum tomato
- 2 potato buns ^{1,7,11}

What you need

- olive oil
- 1 large egg ³
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 60g, Carbs 43g, Protein 46g



1. Prep asparagus

Preheat oven to 450°F with rack in the center. Lightly **oil** a rimmed baking sheet. Trim bottom 2 inches from **asparagus**.

Set up breading station with 2 separate shallow bowls or baking dishes. Beat **1 large egg** in one dish, and place **panko** in the second dish. Season each with **salt** and **pepper**.



2. Bread asparagus & roast

Coat **asparagus** in **egg**, then lift letting excess egg drip back into the bowl. Place in bowl with **panko**, toss gently and press to coat (asparagus won't be fully coated).

Spread asparagus in a single layer onto prepared baking sheet. Bake on center oven rack until golden brown and crisp, 15-17 minutes. Season with **salt**.



3. Make sauce

Meanwhile, in a medium bowl, use a fork to mash **feta** with **mustard**, **2 tablespoons water**, and **1 tablespoon oil**. Stir in **mayonnaise** and season to taste with **salt** and **pepper**.



4. Prep burgers & tomatoes

Shape the **ground beef** into 2 very thin patties, about 5 inches wide. Season all over with **salt** and **pepper**.

Slice **tomato** into ½-inch thick rounds; season all over with **salt** and **pepper**.



5. Cook burgers & tomatoes

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **burgers** and cook until browned, 2-3 minutes per side for medium (or longer for desired doneness). Transfer burgers to a cutting board.

Add **tomatoes** to same skillet and cook until soft and charred around the edges, 1-2 minutes per side.



6. Assemble burgers & serve

Split **buns** and place directly on oven rack to toast, about 1 minute (watch closely as ovens vary).

Top each **bun** with a **burger**, **tomato slices**, and **some of the sauce**. Serve **asparagus fries** alongside with **remaining sauce** for dipping. Enjoy!