



## Grilled Cheeseburger

with Fresh Corn & Charred Poblano Salad



20-30min



2 Servings

We love a classic cheeseburger, but the real stars of this meal are the vegetables! Corn, onion, and poblano pepper char on a grill to bring out a smoky depth of flavor. Once cooled, we chop them up to create a delightfully crunchy salad as healthy as it is delicious. The mild heat of the poblano balances perfectly with the sweetness of the corn and bite of the onions. No grill? Refer to cooking tip.



## What we send

- 1 red onion
- 2 ears of corn
- 1 poblano pepper
- 10 oz pkg grass-fed ground beef
- ¼ oz fresh cilantro
- 1 lime
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 2 potato buns <sup>1,7,11</sup>

## What you need

- neutral oil
- kosher salt & pepper

## Tools

- grill or grill pan

## Cooking tip

Preheat broiler with rack in top position. Broil veggies on baking sheet until lightly charred, 5-10 minutes. Cook burgers in oiled skillet over medium, 4 minutes. Add cheese; cover until melted.

## 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 720kcal, Fat 34g, Carbs 49g, Protein 45g



### 1. Prep ingredients

Heat a grill or grill pan to medium.

Slice **half of the onion** into ¼-inch thick rounds, keeping rings intact.



### 2. Grill vegetables

Brush **onions, corn, and poblano** with **oil**. Grill onions over medium heat, turning occasionally, until tender and lightly charred, 6-8 minutes.

Grill poblano and corn (or place directly over a gas flame), and cook, turning frequently, until charred in spots, 4-6 minutes. Wrap poblano in a paper towel and let cool.



### 3. Prep burgers

Divide **beef** and form into 2 (4-inch) patties. Make an indentation in the center of each to keep burgers flat while grilling. Season generously with **salt** and **pepper**.



### 4. Prep salad

Coarsely chop **cilantro leaves and stems** together. Unwrap **poblano** and wipe away charred skin. Halve poblano, remove stem and seeds, and finely chop.

Coarsely chop **grilled onions**. Cut **kernels** from corn. Halve **lime** and squeeze half into a medium bowl; cut remaining half into wedges.



### 5. Finish salad

Into bowl with **lime juice**, whisk in **1 tablespoon oil**. Season to taste with **salt** and **pepper**.

Add **cilantro leaves and stems, corn, and chopped grilled onions and poblanos** to bowl, tossing to coat.



### 6. Grill burger & buns

Grill **burgers** over medium heat until lightly charred on one side, about 4 minutes. Flip, top each with **cheddar**, and grill, covered, until cheese is melted and burgers are medium-rare, 2-3 minutes (or longer if desired). Split **buns** and grill, cut sides down, until toasted, 1 minute. Serve **burgers** on **toasted buns** with **salad** alongside and **lime wedges** for squeezing. Enjoy!