



## Caramelized Onion Dip Burger

with Sweet Potato Wedges & Broccoli



20-30min



2 Servings

Smoked paprika is a powerhouse of a spice—made from ground sweet red chilies that have been smoked and dried for hours over oak flames. Despite its vibrant red hue the heat level is mild, almost sweet, with a delicious smokiness that kicks up the flavor for roasted sweet potatoes. Onions cook low and slow until deeply caramelized, then combine with sour cream to make an irresistible dip for juicy beef burgers.



## What we send

- 1 sweet potato
- ¼ oz smoked paprika
- 1 yellow onion
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 1 oz sour cream <sup>7</sup>
- garlic

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- medium skillet

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 42g, Carbs 45g, Protein 34g



### 1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **sweet potato**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss sweet potatoes with **2 teaspoons oil**, **½ teaspoon salt**, **½ teaspoon of the smoked paprika**, and **a few grinds pepper**. Bake on lower oven rack until sweet potatoes are golden on the bottom, about 12 minutes.



### 4. Finish vegetables

Flip **sweet potatoes**, and arrange on one half of the baking sheet. Add **broccoli** to the other half of the baking sheet, toss with **1 tablespoon oil**, **garlic**, **½ teaspoon salt**, and **a few grinds pepper**. Cook until broccoli is tender, and browned in spots, and sweet potatoes are crisp and golden all over, about 8 minutes.



### 2. Prep ingredients

Slice **half of the onion** into ¼-thick rings. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary.



### 5. Cook burgers

Shape **beef** into 2 thin (5-inch) patties. Season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add burgers and cook until browned and medium-rare, 2-3 minutes per side (or longer for desired doneness).



### 3. Caramelize onions

Heat **2 teaspoons oil** in a medium skillet over medium. Add **sliced onions**, **a pinch of salt**, and **a few grinds pepper**. Cover and cook until softened, about 5 minutes. Uncover and cook until deeply browned, adding **water**, 1 tablespoon at a time, to prevent onions from sticking, about 10 minutes. Transfer onions to a cutting board and finely chop. Wipe out skillet.



### 6. Make onion dip & serve

In a small bowl, combine **chopped caramelized onions** and **sour cream**; season to taste with **salt** and **pepper**. Place **burgers** on plates, top with **caramelized onion dip**. Serve **sweet potatoes** and **broccoli** alongside. Enjoy!