

# DINNERLY



## Loco Moco Beef Patty & Caramelized Onions

with Quinoa & Spinach



30-40min



2 Servings

Loco moco for breakfast? Yes please. For lunch? That works too. For dinner? You get the picture. Loco moco is whatever you need it to be. This beloved Hawaiian dish starts with a juicy beef patty atop a bed of fluffy quinoa, with wilted spinach nestled alongside. A caramelized onion gravy generously pours over the meaty heap, with a fried egg as the figurative cherry on top. We've got you covered!

## WHAT WE SEND

- 3 oz white quinoa
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- 1½ oz Worcestershire sauce<sup>4</sup>
- 1 pkt beef broth concentrate
- ½ oz tamari soy sauce<sup>6</sup>
- 5 oz baby spinach

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- all-purpose flour (or gluten-free alternative)
- sugar
- 2 large eggs<sup>3</sup>

## TOOLS

- small saucepan
- medium nonstick skillet
- microwave

## ALLERGENS

Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

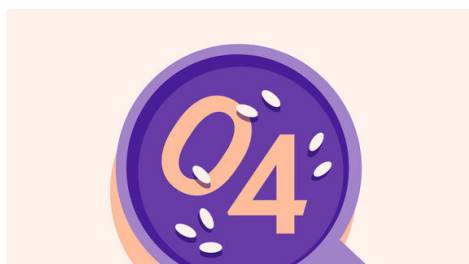
Calories 730kcal, Fat 35g, Carbs 47g, Protein 44g



### 1. QUINOA VARIATION

In a small saucepan, combine **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered, off heat.

Halve and thinly slice **onion**. In a medium bowl, combine **beef**,  $1\frac{1}{2}$  **teaspoons Worcestershire**, and **a pinch each of salt and pepper**; form into 2 (4-inch) patties.



### 4. Cook patties & sauce

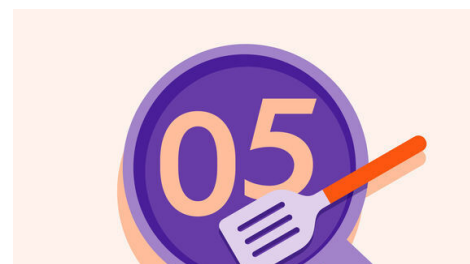
Add **beef patties** to same skillet. Cook over medium-high heat until well-browned and medium-rare, about 3 minutes per side (or longer for desired doneness). Transfer to a plate; cover to keep warm.

Add **tamari mixture** to skillet and bring to a simmer. Cook until slightly thickened, 3–5 minutes. Add **onions** and stir into sauce.



### 2. Caramelize onions

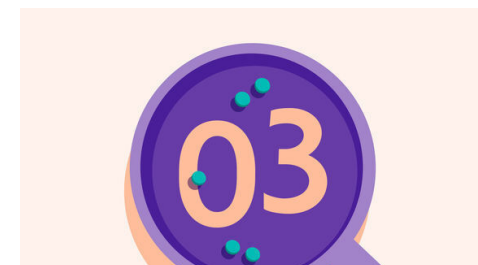
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **onions** and **a pinch each of salt and pepper**. Cook, stirring, until well browned (add 1 tablespoon water at a time, as needed, to scrape up browned bits from bottom of skillet), 25–30 minutes. Transfer onions to a plate.



### 5. Wilt spinach & serve

Transfer **spinach** to a microwave-safe bowl and cover with a damp paper towel. Microwave until wilted, 1–2 minutes. Season with **salt** and **pepper**. Fluff **quinoa** with a fork.

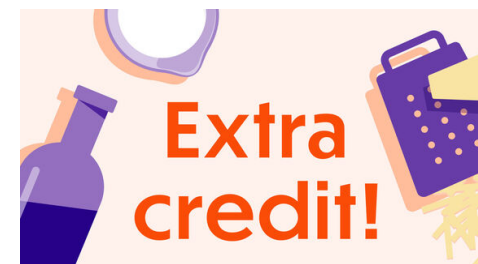
Serve **beef patties** and **spinach** over **quinoa**. Spoon **loco moco sauce** over **patties** and top with **a fried egg**. Enjoy!



### 3. Prep sauce & fry eggs

In a liquid measuring cup, combine **broth concentrate**, **tamari**, **1 tablespoon Worcestershire**,  $\frac{1}{2}$  **cup water**, **1 teaspoon flour**, and  $\frac{1}{4}$  **teaspoon sugar**.

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. Transfer to plates.



### 6. Make it spicy!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.