

# MARLEY SPOON



## Tex-Mex Burger with Grilled Peppers & Onions

& Broccoli Slaw



30-40min



2 Servings

If you don't have a grill or grill pan, heat a large heavy skillet over medium-high. Add seasoned onions and peppers and cook until tender and charred in spots, about 10 minutes. Transfer vegetables to a plate. Wipe out skillet, then heat 1 teaspoon oil in same skillet over medium-high. Add burgers, and cook, until medium-rare, 3-5 minutes per side.

## What we send

- 1 red onion
- 1 bell pepper
- ½ lb broccoli<sup>3,6</sup>
- 2 oz mayonnaise<sup>3,6</sup>
- garlic
- ¼ oz taco seasoning
- 10 oz pkg grass-fed ground beef
- 2 potato buns<sup>1,7,11</sup>

## What you need

- neutral oil
- white wine vinegar (or apple cider vinegar)<sup>17</sup>
- kosher salt & ground pepper
- sugar

## Tools

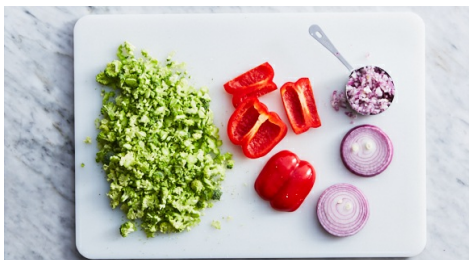
- grill or grill pan
- microplane or grater

## 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 870kcal, Fat 54g, Carbs 48g, Protein 40g



### 1. Prep ingredients

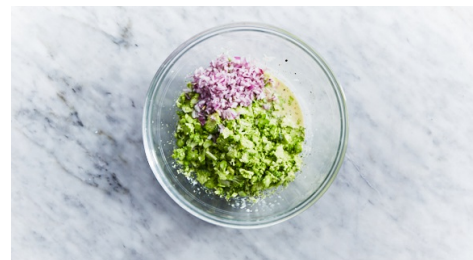
Light a grill, if using, and **oil** the grates.

Halve and slice **all of the onion** into ½-inch thick rounds, keeping slices intact. Finely chop half of the onion slices. Cut **pepper** into quarters, then remove stem and seeds. Trim stem ends from **broccoli**, then finely chop florets.



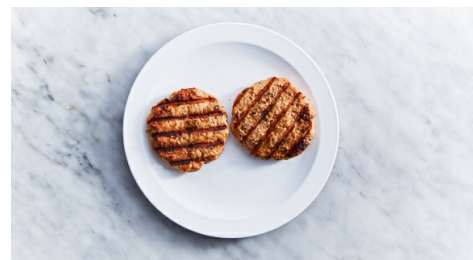
### 4. Form burgers

Meanwhile, in a large bowl, combine **ground beef, remaining chopped onions and taco seasoning**, and **½ teaspoon salt**. Form into 2 (4-inch) patties, pressing down slightly in the center of each one with your thumb.



### 2. Make broccoli slaw

In a large bowl, whisk to combine **2 tablespoons each of vinegar and mayonnaise, 1 tablespoon oil, ½ teaspoon each of salt and sugar**, and **a few grinds of pepper**. Finely grate **1 large garlic clove** into **dressing**; whisk to combine. Add **broccoli** and **half of the chopped onions** and toss to combine.



### 5. Grill burgers

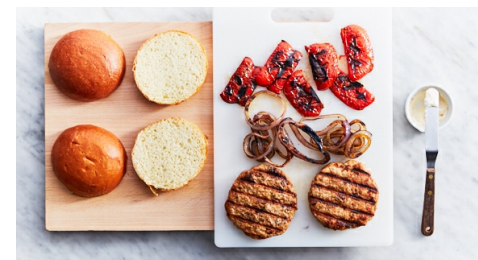
Push **vegetables** to the side to make room, if necessary. Brush **burgers** with **oil** and add to grill or grill pan, indentation side up. Cook without disturbing until lightly charred on the bottom, 3-5 minutes. Flip and grill until cooked through, 3-5 minutes more. (Watch closely and reduce heat if necessary.)



### 3. Season & grill vegetables

Heat a grill pan over medium-high, if using.

Brush **onion slices** and **peppers** with **1 tablespoon oil** and **½ teaspoon taco seasoning**. Add to grill or grill pan and cook over medium heat, turning, until tender and charred in spots, 14-16 minutes (watch closely). Transfer to cutting board and slice peppers into 1-inch strips. Separate onion into rings.



### 6. Build burgers & serve

Split **buns** open (toast, if desired) and spread **remaining mayonnaise** on the bottom halves. Place **peppers** on **buns** and top with **burgers** and **onions**. Close and cut in half, if desired. Serve **burgers** with **broccoli slaw** alongside. Enjoy!