

DINNERLY

Low Carb Flying Dutchman Burger with Romaine Salad



ca. 20min



2 Servings

WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- 1 yellow onion
- 2 oz shredded cheddar-jack blend ⁷
- 1 romaine heart
- 1 plum tomato
- ¼ oz Dijon mustard
- 2oz thousand island dressing ³

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

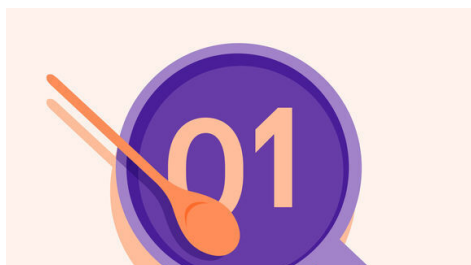
TOOLS

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 25g, Carbs 17g, Protein 38g



1. Prep ingredients

Cut ends off onion and peel off the outer skin. Cut ½-inch thick slices, keeping rings in tact and ensuring that you have 4 slices from the onion.

Thinly slice romaine. Cut tomato into ½-inch thick pieces.



2. Form patties

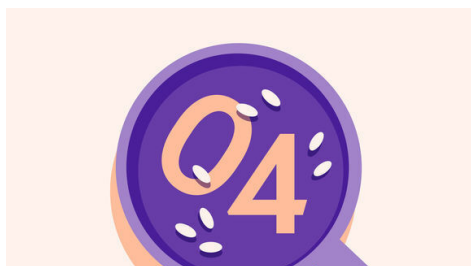
Divide ground meat into 4 equal parts. Shape each quarter into a ½ inch thick patty. Season both sides with salt and pepper. Divide mustard between patties and brush a thin layer onto one side of each patty.



3. Grill onions

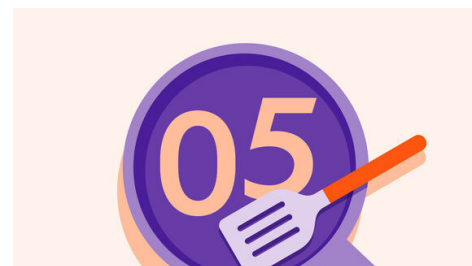
Heat 2 tablespoons oil in a large nonstick skillet over medium high. Add onions and cook until deeply browned on one side, 4—6 minutes. Gently flip, keeping rings in tact, and sprinkle a tablespoon of cheese onto the top of each onion.

Continue cooking until the underside is deeply golden brown. Transfer onions to cutting board, cheese side up.



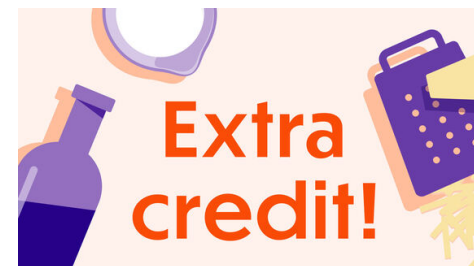
4. Cook burgers

Place burgers in same skillet mustard side up. Cook until browned on underside, 2—3 minutes. Flip and cook until browned on the other side, 1—3 minutes more. Divide cheese between two patties and sandwich with remaining burgers so that the cheddar is in the middle.



5. Serve

Place one onion, cheese side down, on top of each patty sandwich. Flip, and place the other onion, cheese side down, on top to create the "buns" of the burgers. Transfer to a plate alongside romaine and tomatoes. Drizzle 1000 island dressing over the top of the salad. Enjoy!



6.

Extra credit!