

DINNERLY



Low-Carb Grass-Fed Burger with Roasted Broccoli & Sour Cream Dip



20-30min



2 Servings

This burger isn't the only thing that's going to be stuffed at dinnertime! Grass-fed burgers + crispy broccoli + creamy dip = everyone wins. Honestly, you'll probably want to go ahead and smother everything with this sour cream dip. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 2 (1 oz) sour cream ¹
- 10 oz pkg grass-fed ground beef
- 2 potato buns ^{1,2,3}

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- ketchup

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

Milk (1), Sesame (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 34g, Carbs 31g, Protein 38g



1. BROCCOLI VARIATION

Preheat broiler with a rack in the top position.

Finely chop ½ **teaspoon** **garlic**. Cut **broccoli** into 1-inch florets, if necessary.



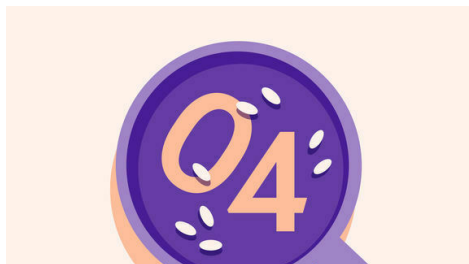
2. Make sour cream dip

In a small bowl, stir to combine **all of the sour cream, chopped garlic, 2 teaspoons each of water and oil, and a pinch each of salt and pepper**; set aside until ready to serve.



3. Season burgers

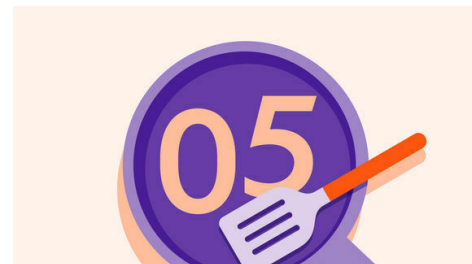
Form **ground beef** into 2 (3½-inch) patties. Season all over with **a generous pinch each of salt and pepper**; set aside until step 5.



4. Broil buns & broccoli

On a rimmed baking sheet, toss **broccoli** with **1 teaspoon oil** and **a pinch each of salt and pepper**. Broil on top oven rack until tender and browned in spots, about 5 minutes (watch closely as broilers vary). Remove from oven; cover to keep warm.

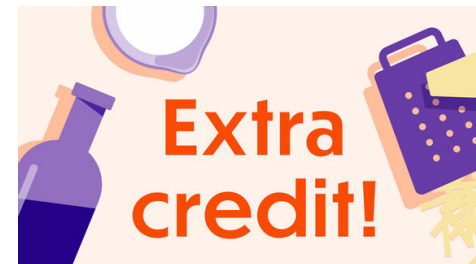
Split **buns**, then broil, cut-sides up, on top oven rack until lightly browned, about 1 minute (watch closely).



5. Cook burgers & serve

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **burgers** and cook until browned and medium-rare, 2–3 minutes per side (or longer if desired). Transfer to **buns**. Top burgers with **ketchup**, if desired.

Serve **burgers** with **broccoli** and **sour cream dip** alongside. Enjoy!



6. Make it ahead!

Make the sour cream dip in step 2 ahead of time and hold it in an airtight container in the fridge until dinnertime. You can also go ahead and shape the patties in step 3, cover with plastic, and store in the fridge until you're ready to get cooking.