



## Low-Carb Flying Dutchman Burger

with Green Bean Fries & Secret Sauce



30-40min



2 Servings

The Flying Dutchman Burger of In-N-Out fame may be the best named burger on the planet. Thick slabs of sweet onion replace the buns for this beef burger topped with mustard, pickles, and a tangy secret sauce. Charred green beans keep the low-carb train running smoothly for a delightfully delicious and unique burger combo.

## What we send

- 1 yellow onion
- 3¼ oz dill pickles
- 1 lb green beans
- 2 oz mayonnaise <sup>1,4</sup>
- 1½ oz pkt Worcestershire sauce <sup>2</sup>
- 10 oz pkg grass-fed ground beef
- ¼ oz Dijon mustard
- 2 oz shredded cheddar-jack blend <sup>3</sup>

## What you need

- neutral oil
- kosher salt & ground pepper
- ketchup

## Tools

- rimmed baking sheet
- large nonstick skillet

## Allergens

Egg (1), Fish (2), Milk (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 920kcal, Fat 68g, Carbs 28g, Protein 40g



### 1. Prep ingredients

Preheat oven to 425°F with rack in bottom third. Trim ends from **onion** and peel off outer skin. Cut into ½-inch thick slices, keeping rings intact and ensuring that you have 4 slices total.

Finely chop **half of the pickles**.



### 4. Cook onion "buns"

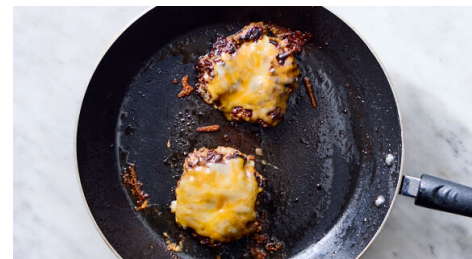
Heat **2 tablespoons oil** in a large nonstick skillet over medium-high. Add **onion slabs** and cook until deeply browned on the bottom, 4-6 minutes. Gently flip, keeping rings intact, and sprinkle **1 tablespoon of cheese** onto the top of each onion slab. Continue cooking until the bottom is deeply golden brown. Transfer onions to a cutting board, cheese side up.



### 2. Cook beans

On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil** and season with **salt** and **pepper**. Bake until browned and tender, 15-20 minutes, shaking baking sheet halfway through cooking.

In a small bowl, stir to combine **chopped pickles, mayo, 1 tablespoon ketchup, and 2 teaspoons Worcestershire sauce**; season to taste with **salt** and **pepper**.



### 5. Cook burgers

Add **burgers** to same skillet, **mustard side up**. Cook until browned on bottom, 2-3 minutes. Flip and cook until browned on the other side, 1-3 minutes more. Divide **remaining cheese** between the patties.



### 3. Make patties

Divide **ground beef** into 2 equal portions, then shape each portion into a ½-inch thick patty. Season patties all over with **salt** and **pepper**. Divide **mustard** between patties and brush into a thin layer on 1 side of each patty.



### 6. Assemble & serve

Sandwich the burgers between the onions, as if the onions are the buns. Transfer to a plate alongside **green beans** and serve with **remaining pickles** and **secret sauce**. Enjoy!