

# MARLEY SPOON



## Meat-Free Fontina Burger with Caramelized Shallots & Potato Wedges

 40min  2 Servings

Craving a big juicy burger but without all that beef? Give this plant-based option a try for a meat-free Monday, Tuesday—or any day of the week, burger. We sear these patties in a hot skillet, then top them with cheese and caramelized shallots for extra decadence. Crispy roasted potato wedges are the perfect savory side to complete this classic burger meal.

## What we send

- 2 russet potatoes
- ¼ oz steak seasoning
- 1 medium red onion
- 8 oz ground plant-based protein <sup>1,2,3</sup>
- 2 potato buns <sup>3</sup>
- 2 (2 oz) shredded fontina <sup>4</sup>
- 3 oz arugula

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)

## Tools

- rimmed baking sheet
- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 1100kcal, Fat 71g, Carbs 86g, Protein 50g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**; halve lengthwise and cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **2 tablespoons oil, salt, and pepper**. Spread in an even layer. Roast on lower oven rack, without stirring, until golden and crisp, about 25 minutes. Out of the oven, toss potatoes with **all of the steak seasoning**.



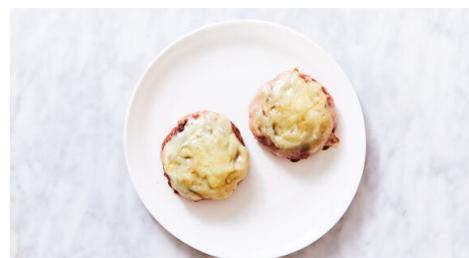
### 4. Caramelize shallots

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **sliced onions** and a **pinch each of salt and pepper**; cook, stirring often, until golden brown and softened, 3-4 minutes. Transfer shallots to a small bowl. Wipe out skillet.



### 2. Prep ingredients

Meanwhile, thinly slice **onion**. Form **ground plant-based meat** into 2 (4-inch) patties.



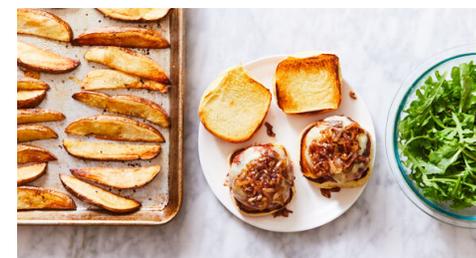
### 5. Cook burgers

Heat **1 tablespoon oil** in same skillet over medium-high. Add **patties** and cook until well browned on one side, about 3 minutes. Flip, then top patties with **cheese**. Cover and cook until cheese is melted and patties are heated through, 2-3 minutes more. Transfer **burgers** to a plate. Add **1 teaspoon oil** to same skillet, if dry.



### 3. Make vinaigrette

In a medium bowl, whisk to combine **2 tablespoons oil** and **1 tablespoon vinegar**. Season to taste with **salt and pepper**.



### 6. Finish & serve

Add **buns** to same skillet, cut side down; toast until lightly browned, about 30 seconds (watch closely). Add **arugula** to bowl with **vinaigrette**; toss to combine. Top **buns** with **burgers, caramelized onions, some of the arugula**, and a **squeeze of ketchup**, if desired. Serve **burgers** alongside **remaining arugula salad** and **potato wedges**. Enjoy!