



## White Bean & Quinoa Burgers

with Caramelized Onion & Green Salad



30-40min



2 Servings

These hearty vegetarian burgers have a few secrets. First, cannellini beans get mashed into the patties for protein and structure. Second, sharp white cheddar gets folded in for melty pockets of savory satisfaction. And, finally, caramelized onions make every bite irresistible. Cook, relax and enjoy!

## What we send

- yellow onion
- red quinoa
- chipotle chili powder
- mayonnaise <sup>3,6</sup>
- panko <sup>1,6</sup>
- can cannellini beans
- green leaf lettuce
- apple cider vinegar
- cheddar <sup>7</sup>
- potato buns <sup>1,7,11</sup>

## What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

## Tools

- nonstick skillet
- potato masher or fork
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 660kcal, Fat 33g, Carbs 73g, Proteins 22g



### 1. Cook quinoa

In a small saucepan high heat, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to low, and cook until water is absorbed and quinoa is fluffy, about 20 minutes. Remove from heat; let stand for 5 minutes. Uncover and fluff with a fork.



### 2. Prep ingredients

Trim ends from **onion**, then halve, peel, and thinly slice. Drain and rinse **beans**. Finely chop **cheddar**. Remove any wilted outer **lettuce leaves** then tear half the remaining head into bite-size pieces (save rest for own use).



### 3. Caramelize onions

Heat **1 tablespoon oil** in a large nonstick skillet over medium. Add **onion**, cover, and cook until softened, about 3 minutes. Uncover, season with **¼ teaspoon salt**, and cook over medium high, stirring frequently, until onions are golden brown, 8-10 minutes. Occasionally add **2 tablespoons of water** for even cooking. Transfer to a bowl; wipe out skillet.



### 4. Make burgers

In a medium bowl, coarsely mash **beans**. Add **panko**, **1 large egg**, **cheddar**, **quinoa**, **½ teaspoon chili powder**, **¾ teaspoon salt**, and **a few grinds pepper**. Combine with your hands until mixture holds together. Form into four (3½-inch) patties.



### 5. Cook burgers

Heat **1 tablespoon oil** in same skillet over medium high. Add **buns** and toast, cut-side down, until golden brown, about 1 minute. Remove buns, add **2 tablespoons oil**, then add **burgers**. Cook over medium heat until golden, about 5 minutes per side.



### 6. Make salad and serve

In a large bowl, whisk **vinegar** and **2 tablespoons oil**. Add **lettuce**, season to taste with **salt** and **pepper**, and toss. Serve 2 of the patties, each on a bun, topped with **mayonnaise**, **caramelized onions**, and some of the **dressed salad** (save the remaining patties for lunch tomorrow!). Serve **remaining salad** alongside. Enjoy!