



Caramelized Onion Dip Burger

with Sweet Potato Wedges & Broccoli



20-30min



2 Servings

Smoked paprika is a powerhouse of a spice—made from ground sweet red chilies that have been smoked and dried for hours over oak flames. Despite its vibrant red hue, the heat level is mild, almost sweet with a delicious smokiness.

What we send

- grass-fed ground beef
- smoked paprika
- sweet potato
- yellow onion
- garlic
- broccoli crowns

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium skillet
- rimmed baking sheet

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710.0kcal, Fat 45.0g, Proteins 40.0g, Carbs 36.0g



1. Par-cook potatoes

Preheat oven to 450°F with rack in lowest position. Scrub **sweet potato** and cut into wedges. On a rimmed baking sheet, toss sweet potatoes, **2 teaspoons oil**, **½ teaspoon salt**, **½ teaspoon of the smoked paprika**, and **a few grinds pepper**. Bake on lower oven rack until sweet potatoes are golden on the bottom, about 12 minutes.



4. Finish vegetables

Flip **sweet potatoes**, and arrange on one half of the baking sheet. Add **broccoli** to the other half of the baking sheet, toss with **1 tablespoon oil**, **garlic**, **½ teaspoon salt**, and **a few grinds pepper**. Cook until broccoli is tender, and browned in spots, and sweet potatoes are crisp and golden all over, about 8 minutes.



2. Prep ingredients

Peel and slice **half of the onion** into ¼-thick rings. Peel and finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets.



5. Cook burgers

Shape **beef** into 2 thin (5-inch) patties. Season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add burgers and cook until browned and medium-rare, 2-3 minutes per side.



3. Caramelize onions

Heat **2 teaspoons oil** in a medium skillet over medium. Add **sliced onions**, **a pinch of salt**, and **a few grinds pepper**. Cover and cook until softened, about 5 minutes. Uncover and cook until deeply browned, adding water 1 tablespoon at a time, to prevent onions from sticking, about 10 minutes. Transfer onions to a cutting board and finely chop. Wipe out skillet.



6. Make onion dip & serve

In a small bowl, combine **chopped caramelized onions** and **sour cream**; season to taste with **salt** and **pepper**. Place **burgers** on plates, top with **caramelized onion dip**. Serve burgers **potatoes** and **broccoli** alongside. Enjoy!