



## Grass-Fed Beef Burger

with Israeli Couscous Salad



30-40min



4 Servings

We've elevated the standard burger with sweet caramelized onions and melted sharp cheddar cheese and replaced the bun with a nutritious Israeli couscous side salad studded with golden raisins and crunchy pumpkin seeds. Baby arugula, tossed in at the end, is just hearty enough to stand up to a flavorful grass-fed beef patty. Cook, relax, and enjoy!



## What we send

- grass-fed ground beef
- baby arugula
- golden raisins
- red onion
- pepitas
- lemon

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large skillet
- medium 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

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

## Nutrition per serving

Calories 830.0kcal, Fat 47.0g, Proteins 45.0g, Carbs 53.0g



### 1. Prep ingredients

Halve **red onion**, then peel and thinly slice. Finely chop **1/3 cup of the red onion**, (leave the rest sliced). Thinly slice **cheddar** into long, wide strips. Shape the **beef** into **4 (6-inch) patties**, each about 1/2-inch thick. Press your thumb in the center of each patty to make an indentation. Bring a medium saucepan of **salted water** to a boil.



### 4. Make couscous salad

**Zest** and **juice the lemon** into a large bowl. Whisk in **1/4 cup oil**, **1/2 teaspoon salt**, and **a few grinds pepper**. Add **couscous**, **chopped red onions**, **raisins**, and **pumpkin seeds**, and toss to combine. Season to taste with **salt** and **pepper**.



### 2. Caramelize onions

Heat **1 tablespoon oil** in a large skillet over medium. Add **sliced onions**, cover, and cook, stirring occasionally, until softened, about 3 minutes. Uncover, season with **1/2 teaspoon salt**, and cook, stirring, until onions are golden brown, 8-10 minutes. Transfer to a bowl, cover to keep warm, and wipe out the skillet.



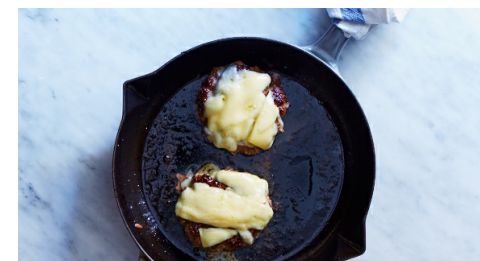
### 5. Cook burgers

Heat **2 teaspoons oil** in the same skillet over medium-high. Season **patties** all over with **1 teaspoon salt** and **a few grinds of pepper** and add to skillet (indentation side-up), in batches if necessary. Cook until browned, about 3 minutes.



### 3. Cook couscous

Add **couscous** to boiling water and cook until al dente, 5-6 minutes. Drain and rinse under **cold water**.



### 6. Melt cheese & finish

Flip **burgers**, top with **cheese**, and cover. Cook until cheese is melted and patty is cooked to desired doneness, 3-4 minutes for medium. If cheese isn't fully melted, remove skillet from heat and keep covered until it melts. Top **burgers** with **caramelized onions**. Toss **arugula** with **couscous salad** and serve alongside. Enjoy!