

Quinoa & Broccoli Burgers

with Quick Pickles & Roasted Potato Wedges

With hearty bites of broccoli, springy red quinoa and creamy white beans, these satisfying veggie burgers have it all. (Eggs and panko breadcrumbs help bind the sautéed vegetables, making the patties easier to shape and cook.) We're topping the burgers with fresh "pickles"—simply cucumber slices marinated with a little vinegar and sugar, for delicious pops of tart, sweet flavor. On the side, simple roasted potato wedges round out the meal in classic fashion.

Blue Apron Wine Pairings

Viale Sangiovese, 2015

Hilliard Bruce Pinot Noir, 2013



Ingredients

- 2 Cage-Free Farm Eggs
- 4 Challah Buns
- ½ Cup Red Quinoa
- 1½ Cups Cannellini Beans
- 3 Cloves Garlic
- 1 Persian Cucumber
- 1 Pound Russet Potatoes
- ½ Pound Broccoli

Knick Knacks

- 2 Tablespoons White Wine Vinegar
- 1½ Tablespoons Sugar
- ⅓ Cup Mayonnaise
- ½ Cup Panko Breadcrumbs
- 1 Tablespoon Quinoa Burger Spice Blend
(Onion Powder, Garlic Powder, Smoked Paprika, Dried Oregano & Dried Rosemary)

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



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Recipe #373

1



Cook the quinoa:

Preheat the oven to 475°F. Heat a medium pot of salted water to boiling on high. Thoroughly rinse the **quinoa** under cold water. Once the pot of water is boiling, add the rinsed quinoa and cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly.

2



Prepare the ingredients & make the pickles:

While the quinoa cooks, wash and dry the fresh produce. Set aside to pickle, stirring occasionally, for at least 10 minutes; season with salt and pepper to taste. Crack the eggs into a large bowl; beat until smooth. Halve the buns. Halve the potatoes crosswise; cut lengthwise into 1-inch-wide wedges. Roughly chop the broccoli. Drain and rinse the beans. Peel and finely chop the garlic. Thinly slice the cucumber into rounds and place in a bowl with the **sugar** and **vinegar**; season with salt and pepper and toss to coat.

3



Roast the potatoes:

While the cucumber pickles, place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 25 to 27 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven.

4



Cook the vegetables:

While the potatoes roast, in a large, high-sided pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and slightly softened. Add the **beans, garlic and spice blend**; cook, stirring occasionally and mashing the beans with a spoon, 30 seconds to 1 minute, or until fragrant. Add **½ cup of water**; cook, stirring occasionally, 3 to 5 minutes, or until cooked off. Transfer to the bowl of **eggs**.

5



Form & cook the patties:

Wipe out the pan. Add the **cooked quinoa and breadcrumbs** to the bowl of **eggs and cooked vegetables**. Stir to thoroughly combine; season with salt and pepper. Using your hands, carefully form the mixture into four ¾-inch-thick patties. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the patties and cook 3 to 4 minutes per side, or until browned and cooked through. Remove from heat.

6



Toast the buns & plate your dish:

Place the **buns** on a sheet pan, cut sides up; drizzle with olive oil. Toast in the oven 2 to 3 minutes, or until heated through. Transfer to a work surface. Spread the cut sides with a layer of the **mayonnaise**. Top the bun bottoms with the **cooked patties** and **pickles** (reserving the pickling liquid). Drizzle with as much of the **reserved pickling liquid** as you'd like. Finish with the bun tops. Divide the burgers and **roasted potatoes** between 4 dishes. Enjoy!