

Summer Squash & Quinoa Burgers

with Spicy Roasted Carrots

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

Tonight, you'll make delicious veggie burgers from scratch with a few simple, flavor-enhancing techniques. At their heart is the perfect balance of quinoa and tender grated summer squash—yours may be green or grey zucchini, or yellow squash. (Chefs, salting the raw squash draws out moisture, so be sure to press out as much excess water as possible to help the patties hold together.) A creamy aioli gives the hearty burgers plenty of richness, while a side of carrots roasted and glazed with honey and chile paste adds irresistibly spicy-sweet contrast.



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Ingredients



1
CAGE-FREE
FARM EGG



2
SESAME SEED
BUNS



1/2 cup
RED QUINOA



4
CARROTS



2 cloves
GARLIC



1
KIRBY CUCUMBER



1
SUMMER SQUASH



1 bunch
OREGANO

KNICK KNACKS:



1 Tbsp
HONEY



1 1/2 tsp
CALABRIAN CHILE
PASTE



1/4 cup
MATZO MEAL



3 Tbsp
MAYONNAISE



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1 Cook the quinoa:

- ☐ Remove the honey from the refrigerator to bring to room temperature. 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 aioli:

- ☐ While the quinoa cooks, wash and dry the fresh produce.
- ☐ Peel the carrots; halve lengthwise, then crosswise.
- ☐ Grate the squash on the large side of a box grater; place in a bowl and season with salt.
- ☐ Crack the egg into a large bowl; beat until smooth.
- ☐ Pick the oregano leaves off the stems; discard the stems and roughly chop the leaves.
- ☐ Halve the buns.
- ☐ Thinly slice the cucumber into rounds; place in a bowl and season with salt and pepper.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ In a bowl, combine the **mayonnaise** and **up to half the garlic paste**; season with salt and pepper to taste.

3 Roast & glaze the carrots:

- ☐ Line a sheet pan with aluminum foil; top with the **carrots**. Drizzle with olive oil; season with salt and pepper. Toss to thoroughly coat. Arrange in single, even layer, cut side down. Roast 15 to 16 minutes, or until lightly browned and tender when pierced with a fork. Leaving the oven on, remove the roasted carrots from the oven. Carefully top the carrots with the **honey** (kneading the packet before opening) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Carefully stir to coat. Roast 2 to 3 minutes, or until heated through. Remove from the oven. Set aside in a warm place.

4 Form the patties:

- ☐ While the carrots roast, transfer the **seasoned squash** to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down to release as much liquid as possible; discard the liquid. Transfer to the bowl of **beaten egg**. Add the **cooked quinoa**, **matzo meal**, **oregano**, and **remaining garlic paste**. Stir to thoroughly combine; season with salt and pepper. Using your hands, carefully form the mixture into two 1/2-inch-thick patties. Transfer to a plate to rest for 5 minutes.

5 Cook the patties:

- ☐ While the carrots continue to roast, in a medium pan (nonstick, if you have one), heat a drizzle 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. Transfer to a plate. Wipe out the pan.

6 Toast the buns & plate your dish:

- ☐ In the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **buns**, cut side down; toast 1 to 2 minutes, or until lightly browned. Transfer to a clean, dry work surface. Spread a layer of the **aioli** onto the cut sides of the toasted buns. Top the bun bottoms with the **cooked patties**, **seasoned cucumber**, and bun tops. Divide the burgers and **glazed carrots** between 2 dishes. Enjoy!