

Blackened Cajun Burger

with Roasted Sweet Potatoes & Spicy Ketchup

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Ingredients*



24 oz USDA Prime Ground Beef



2 Red Onions



2 Tbsps Hot Sauce



¼ cup Sweet Pickle Relish



¼ cup Dijonnaise



4 Challah Buns



1 bunch Parsley



3 Tbsps Ketchup



¼ cup Mayonnaise



1 Tbsp Cajun Spice Blend¹



1 ½ lbs Sweet Potatoes



4 oz White Cheddar Cheese



1 Tbsp Apple Cider Vinegar



4 tps Honey

WHY WE LOVE THIS DISH

Our prime beef patties get deliciously bold flavor from a blend of zesty spices—like paprika, ground mustard, and cayenne pepper—commonly used in Cajun cuisine. We're covering them with melty cheddar, then layering them between toasted challah buns alongside mustard relish and sweet caramelized onions.



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **sweet potatoes** into 1-inch-wide wedges.
- Halve, peel, and thinly slice the **onions**.
- Thinly slice the **cheese**.
- Halve the **buns**.
- Roughly chop the **parsley** leaves and stems.
- In a bowl, combine the **pickle relish** and **dijonnaise**.
- In a separate bowl, combine the **ketchup**, **mayonnaise**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.



2 Roast the sweet potatoes

- Line a sheet pan with foil.
- Place the **sweet potato wedges** on the foil; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer, skin side down.
- Roast 28 to 30 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



3 Caramelize the onions

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and softened.
- Add the **honey** (kneading the packet before opening) and **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Form & cook the patties

- Place the **beef** in a bowl. Season with salt and pepper. Gently mix to incorporate.
- Form the mixture into four 1/2-inch-thick patties. Season with the **Cajun spice blend** on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **patties**. Cook 4 to 5 minutes, or until browned.
- Flip the patties (carefully, as the oil may splatter) and evenly top with the **sliced cheese**. Loosely cover the pan with foil. Cook 4 to 5 minutes, or until the cheese is melted and the patties are cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a work surface.
- Carefully drain off and discard any excess oil.



5 Toast the buns & serve your dish

- Working in batches, add the **halved buns**, cut side down, to the pan of reserved fond. Toast on medium-high 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.
- Assemble the burgers using the **toasted buns**, **mustard relish**, **cooked patties**, and **caramelized onions**.
- Serve the **burgers** with the **roasted sweet potatoes** and **spicy ketchup** on the side. Garnish the sweet potatoes with the **chopped parsley**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 160°F for beef.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



102422, FR11