



## Hickory Burgers with Coleslaw and Crispy Onions

Prep Time: 10-20 minutes    Calories Per Serving: 710  
Cook Time: 10-20 minutes    Serves: 2 people

Hickory, a type of tree, can be used many ways in cooking-- for the nuts it bears, and for the smoke its bark produces, which can be bottled into liquid and used to add flavor. Hickory BBQ sauce is the secret to these ultra-tender, incredibly juicy burgers that have a slightly smoky flavor. They're ideal for celebrating summer, but we dream about them all year long.

USDA recommends cooking ground beef to 160° F.





## 1. Cook Onion

Peel **onion** and thinly slice into rings. Heat **1 tablespoon olive oil** in a medium pan over high heat. When oil is shimmering, add **onion** and cook until crisp and browned, stirring occasionally, about 8 minutes. Taste and add **salt** and **pepper** as needed. Remove from pan and set aside.



## 2. Make Burgers

While onion cooks, heat grill or grill pan to medium-high heat. Pat beef dry with paper towel. In a large bowl, combine **beef**, **BBQ sauce**, **1 packet Dijon mustard**,  $\frac{1}{2}$  **teaspoon kosher salt**, and as much **pepper** as desired. Using your hands, mix until well combined. Form into 2 equal patties, about 1-inch thick, creating a dimple on top of each with your thumb.



## 3. Grill Burgers

Brush grill with  $\frac{1}{2}$  **tablespoon olive oil**. When grill is just smoking, add **burgers** and cook until charred on outside and medium rare, about 5 minutes per side. Remove and set aside to rest for 5 minutes.



## 4. Make Dressing

While burgers grill, in a large bowl, whisk together **whole grain mustard**, **mayonnaise**, **Greek yogurt**, **apple cider vinegar**, **celery seed**, and **remaining Dijon mustard**. Taste and add **salt** and **pepper** as needed.






## 5. Make Coleslaw

Add **green cabbage**, **red cabbage**, and **shredded carrots** to bowl with dressing and stir to coat. Taste and add more **salt** and **pepper** as needed.



## 6. Plate Burgers

Add **buns** cut-side down to grill and grill until toasted, 2-3 minutes. Place **burgers** on bottoms. Add **crispy onion** and a **dollop of coleslaw** to each. Finish with **tops** and serve with **remaining coleslaw** alongside.

Join the Plated community - post your #platedpics this week!   

## 🔪- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

No grill or grill pan handy? Heat  $\frac{1}{2}$  tablespoon olive oil in the pan from the onion over medium-high heat. When the oil is just smoking, add the burgers and cook as directed.

## 🥘- INGREDIENTS

- 1 red onion
- 10 ounces ground beef
- $1\frac{1}{2}$  tablespoons hickory BBQ sauce
- 2 packets Dijon mustard, divided
- 2 tablespoons whole grain mustard
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{4}$  cup nonfat Greek yogurt
- 1 tablespoon apple cider vinegar
- $\frac{1}{2}$  teaspoon celery seed
- $1\frac{1}{2}$  cups shredded green cabbage
- $1\frac{1}{2}$  cups shredded red cabbage
- 1 cup shredded carrot
- 2 brioche buns

## 🔪- YOU'LL NEED

- medium pan
- grill or grill pan
- $1\frac{1}{2}$  tablespoons olive oil
- kosher salt
- black pepper

Questions or comments? Please email [help@plated.com](mailto:help@plated.com) or call 855-525-2399.