



In your box

- ½ oz. Grated Parmesan
- 1 ½ Tbsp. Miso Paste
- 18 oz. Sweet Potato
- 4 oz. Cremini Mushrooms
- 1 Red Onion
- 1 oz. Mayonnaise
- 1 Tbsp. Sun-Dried Tomato Pesto
- 10 oz. Ground Beef
- 2 Buns
- 2 oz. White Cheddar Cheese Slices



Umami Burger

with Parmesan sweet potato fries

NUTRITION per serving—Calories: 1099, Carbohydrates: 102g, Fat: 56g, Protein: 48g, Sodium: 1825mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan, miso**



1

Prepare the Ingredients

- Cut **sweet potato** into ½”-thick fries.
- Cut **mushrooms** into ¼” slices.
- Peel **onion** and slice into ¼” rounds.



2

Roast Fries and Make Sauce

- Place **sweet potato fries** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**.
- Spread into a single layer, and roast in hot oven until browned and tender, 28-33 minutes, flipping once after 15 minutes.
- Rest 5 minutes on baking sheet to firm up. Garnish with half the **Parmesan** (reserve remaining for patties).
- While fries roast, combine **mayonnaise, sun-dried tomato pesto**, and 1 tsp. **miso** (reserve remaining for patties) in a mixing bowl and set aside.



3

Make the Patties

- Combine **ground beef**, remaining **miso**, remaining **Parmesan**, and a pinch of **pepper** in another mixing bowl.
- Form ground beef mixture into two patties, 5” in diameter. Make a small dimple in middle of each patty. *This will prevent patties from bulging when cooked.*



4

Toast the Buns

- Place a medium non-stick pan over medium-high heat. Brush cut side of **buns** with 1 tsp. **olive oil**.
- Place buns in hot pan, cut side down, and toast until golden brown, 1-2 minutes.
- Remove to a plate. Keep pan over medium-high heat.



5

Cook the Burgers and Mushrooms

- Add 1 tsp. **olive oil** and **burgers** to hot pan. Cook on one side until browned, 4-6 minutes.
- Flip burgers and add **mushrooms**. Stir mushrooms occasionally until browned and burgers reach a minimum internal temperature of 160 degrees, 4-6 minutes. *Burgers may finish before mushrooms.*
- Transfer burgers to a plate and top each with a **white cheddar slice**.
- Plate dish as pictured on front of card, topping **bun** with **sauce, onion** (to taste), burger, and mushrooms. Bon appétit!