



Grass-Fed Beef Burger

with Israeli Couscous Salad



40 minutes



For 4 people

We've elevated the standard burger with sweet caramelized onions and melted sharp cheddar cheese and replaced the bun with a nutritious Israeli couscous salad studded with golden raisins and crunchy pumpkin seeds. Baby arugula, tossed in at the end, is just hearty enough to stand up to a flavorful grass-fed beef patty. Cook, relax, and enjoy!

What we send

- 11 oz red onion
- 3 oz sharp white cheddar ²
- 1½ lb grass-fed ground beef
- 1¼ cups Israeli couscous ¹
- 1 lemon
- ⅔ cup golden raisins
- ½ cup roasted, salted pumpkin seeds
- 3 oz baby arugula

What you need

- coarse kosher salt
- olive oil
- freshly ground pepper

Tools

- medium saucepan
- large skillet
- fine-mesh sieve
- zester or microplane

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 42.4g, Proteins 50.7g, Carbs 49.4g



1. Prep ingredients

Halve, peel, and thinly slice **red onion**. Finely chop **⅓ cup**, (leave the rest sliced). Thinly slice **cheddar** into long, wide strips. Shape the **ground beef** into **4 patties**, about 6 inches wide and ½-inch thick. Press your thumb in the center of each patty to make an indentation. Bring a medium saucepan of **salted water** to a boil.



4. Make salad

Zest and **juice the lemon** into a large bowl. Whisk in **¼ cup oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Add **couscous**, **chopped red onion**, **raisins**, **pumpkin seeds**, and toss to combine. Season to taste with **salt** and **pepper**.



2. Caramelize onions

Heat **1 tablespoon oil** in a large skillet over medium. Add **sliced onion**, cover, and cook, stirring occasionally, until softened, about 3 minutes. Uncover, season with **½ teaspoon salt**, and cook, stirring, until onions are golden brown, 8-10 minutes. Transfer to a bowl, cover to keep warm, and wipe out the skillet.



5. Cook burgers

Heat **2 teaspoons oil** in the same skillet over medium-high. Season **patties** all over with **1 teaspoon salt** and **a few grinds of pepper**. Add patties (indentation side-up) to skillet, in batches if necessary, and cook until browned, about 3 minutes.



3. Cook couscous




Add **couscous** to boiling water and cook until al dente, 5-6 minutes. Drain and rinse under **cold water**.



6. Melt cheese & finish

Flip **patties**, top with **cheddar**, and cover. Cook until **cheese** is melted and **patty** is cooked to desired doneness, 3-4 minutes for medium. If **cheese** isn't fully melted, remove skillet from heat and keep covered until it melts. Top **burgers** with **caramelized onions**. Toss **arugula** with **couscous salad** and serve alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866.228.4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**



Irish Beef Stew

with Cheesy Mashed Potatoes



40 minutes



For 4 people

This satisfyingly hearty stew tastes like you toiled over it all day, but you'll get it to the table in a fraction of that time. Adding a simple slurry of flour and broth at the end of cooking helps thicken the stew a bit, while also giving it a velvety texture. Served on top of cheesy mashed potatoes, this is the perfect family dinner. Cook, relax, and enjoy!

What we send

- 7 oz yellow onion
- 1 lb carrots
- 12 oz parsnips
- ½ oz fresh parsley
- 12 oz sirloin beef strips
- 2¼ oz sharp white cheddar ¹
- 1 lb Yukon gold potatoes
- 2½ oz tomato paste (use 3 Tbsp)
- 2 packets beef broth concentrate

What you need

- coarse kosher salt
- freshly ground pepper
- all-purpose flour
- olive oil

Tools

- box grater
- medium saucepan
- colander
- medium pot
- potato masher

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Allergens

Milk (1), Wheat. May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 25.3g, Proteins 29.7g, Carbs 48.5g



1. Prep ingredients

Trim ends from **onion**, then halve, peel and chop into ½-inch pieces. Trim ends from **carrots** and **parsnips**, then peel and cut into 1-inch pieces. Pick **parsley leaves** and roughly chop. Cut **beef strips** into 2-inch lengths. Cut **cheddar cheese** into small cubes, or grate on large holes of a box grater.



4. Cook stew

Add **onions, carrots, and parsnips** to pot; season with **salt and pepper**. Cook, stirring occasionally, until just browned, about 3 minutes. Return **beef** to pot and add **3 tablespoons tomato paste**, stirring to coat; cook 1 minute. Stir in **all broth concentrate, 4 cups water, ½ teaspoon salt**; bring to a boil. Reduce to a simmer; cook until tender, about 25 minutes.



2. Cook potatoes

Cut **potatoes** into halves or quarters if large; transfer to a medium saucepan along with **1 teaspoon salt** and enough water to cover. Bring to a boil and cook until tender, 10-12 minutes. Reserve **½ cup potato cooking water**, then drain potatoes. Return them to pot, cover and set aside.



5. Finish stew & potatoes

In a small bowl, make a slurry by mixing **3 tablespoons flour** with **½ cup broth from the stew** until smooth. Add to stew, stir to combine; simmer for 5 minutes. To **boiled potatoes**, add **½ of reserved cooking water, cheese, ½ the parsley, and 2 tablespoons oil**, mash over low heat until smooth and warm (add more water if necessary). Season with **salt and pepper**.



3. Brown beef





Season **beef** with **½ teaspoon salt** and **several grinds pepper**. Add **2 tablespoons flour** to a shallow bowl and toss beef in it to coat. Heat **2 tablespoons oil** in a medium pot over medium-high. Add beef and cook until browned all over, 4-5 minutes. Transfer to a plate using a slotted spoon.



6. Serve

Spoon **potatoes** into bowls, creating a well in the middle of each one. Top with **beef stew** and garnish with **remaining parsley**. Enjoy!

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Mini Meatloaves

with Crispy Potatoes & Green Beans



40 minutes



For 4 people

These mini meatloaves are flavor powerhouses thanks to sun-dried tomatoes and garlic. Sliced Yukon potatoes roast alongside until crisp and golden on the outside and soft-as-butter on the inside. A crisp-tender side of green beans tossed with fresh basil is a delicious way to balance the meal. Cook, relax, and enjoy!

What we send

- 1½ lbs Yukon gold potatoes
- 2 oz sun-dried tomatoes
- garlic (use 2 cloves)
- 1½ lbs grass-fed ground beef
- 1 oz panko breadcrumbs ^{1,2,3}
- 12 oz green beans
- ¼ oz fresh basil
- 4 oz ketchup

What you need

- olive oil
- coarse kosher salt
- freshly ground pepper
- 1 large egg

Tools

- 2 rimmed baking sheets
- large pot
- colander

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For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (2), Soy (3), Egg. May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 26.3g, Proteins 45.4g, Carbs 43.7g



1. Cook potatoes

Preheat oven to 425°F, position racks in upper and lower thirds. Cut **potatoes** into ¼-inch thick slices and toss with **3 tablespoons oil** on a rimmed baking sheet. Season well with **salt** and **pepper**. Place sheet on lower rack and bake until tender and golden, about 25 minutes, flipping potatoes after 20 minutes.



4. Bake meatloaves

Line a rimmed baking sheet with parchment paper or foil. Shape **meatloaf mixture** into **4 mini meatloaves**. Place meatloaves on the parchment paper (or foil) and bake on top rack until browned and cooked through, 20-22 minutes.



2. Prep ingredients

Meanwhile, very finely chop **sun-dried tomatoes**. Peel and finely chop **2 large cloves garlic**.



5. Cook green beans

Meanwhile, bring a large pot of **water** to a boil. Trim stem ends from **green beans**. Add green beans and **1 tablespoon salt** to boiling water. Cook until tender-crisp, about 3 minutes; drain. Return to pot and toss with **1 tablespoon oil**; season to taste with **salt** and **pepper**.



3. Make meatloaf mixture

In a large bowl, combine **ground beef**, **garlic**, **panko**, **sun-dried tomatoes**, **1 large egg**, and **2 tablespoons oil**. Season with **1½ teaspoon salt** and **a few grinds pepper**; mix well to combine.



6. Finish & serve

Pick **basil leaves** from stems; tear any large leaves. Toss **green beans** with basil. Serve **meatloaves** with **green beans** and **potatoes** alongside. Don't forget the **ketchup** for dipping! Enjoy!