

# Cheesy Fried Shallot Burger with Lemony Asparagus & Peppers



30 minutes | 2 servings

## Find cookware

[baking sheet pan](#)  
[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[oven mitts](#)  
[spatula](#)  
[stainless steel or cast iron skillet](#)  
[toaster \(optional\)](#)  
[tongs](#)

## Grab ingredients

1 small bunch	asparagus
¼ (8 oz) block	cheddar cheese
1 clove	garlic
¾ lb	lean ground beef
½	lemon
1	shallot
1	tomato
2	whole grain buns or rolls
1	yellow bell pepper
	black pepper
	extra virgin olive oil
	paprika
	salt
	thyme, dried

## Cook & enjoy

- 1 Preheat oven to 425°F.
- 2 Peel, halve, and slice shallot into very thin half-moons. Place in a small bowl and sprinkle with salt; using your hands, massage the shallot until it starts to soften. Set aside.  
1 shallot  
⅓ tsp salt
- 3 Wash and dry the fresh produce.  
1 small bunch asparagus  
1 yellow bell pepper  
½ lemon  
1 tomato
- 4 Snap or cut off the woody ends of the asparagus; trim, seed, and slice bell pepper into thin strips. Transfer both to a baking sheet pan, spreading them out in an even layer.
- 5 Peel and mince garlic. Sprinkle garlic over the veggies and drizzle with oil. Squeeze lemon over top, then season with salt and pepper.  
1 clove garlic  
1 ½ tsp extra virgin olive oil  
¼ tsp salt  
¼ tsp black pepper
- 6 Place veggies in the oven (it doesn't have to be fully heated) and roast, tossing halfway through, until crisp-tender, 12-15 minutes. Remove from the oven.
- 7 While the veggies are roasting, grate cheese into a medium bowl.  
¼ (8 oz) block cheddar cheese

- 8 Add beef and spices to the bowl with the cheese; mix with your hands until well combined. Form the beef mixture into 2 equal-sized patties and place on a plate.
  - ¾ lb lean ground beef
  - ½ tsp thyme, dried
  - ½ tsp paprika
  - ¼ tsp salt
  - ¼ tsp black pepper
- 9 Preheat a skillet over medium-high heat.
- 10 While the skillet heats up, use paper towels or a clean cloth to squeeze excess moisture out of the shallots. Divide shallots into 2 portions, then press into the top of each burger patty.
- 11 Once the skillet is hot, add oil and swirl to coat the bottom. Add patties, shallot-side down, and cook, undisturbed, until shallots are golden, about 4 minutes.
  - 1 tsp extra virgin olive oil
- 12 Using a metal spatula, carefully slide underneath the shallots and flip the patties (place any loose shallots back on top of the burgers); cook an additional 4-5 minutes, until cooked through. Once done, transfer to a clean plate.
- 13 Meanwhile, toast the buns if desired. Slice tomato into rounds.
  - 2 whole grain buns or rolls
- 14 Place bottom half of each bun on a plate, then top with sliced tomato and burgers. Close with the top half of the bun and serve with roasted veggies on the side. Enjoy!