

Caramelized Onion and Crumbed Burger with Creamy Herb Sauce

Looking for a delicious, satisfying meat-free lunch during the fasting season? This caramelized onion and crumbed burger is packed with rich, savory flavors that make plant-based eating a true treat. Featuring crispy Fry's burgers topped with melted cheese, sweet slow-cooked onions, and a zesty garlic-herb sauce, it's a quick and wholesome midday meal the whole family will love.



Ingredients

- ☐ 4 large onions, thinly sliced
- ☐ 2 tbsp olive oil
- ☐ 3 tbsp butter
- ☐ 2 tsp sugar (to aid caramelization)
- ☐ Salt, to taste
- ☐ 4 Fry's crumbed burgers (ready to cook)
- ☐ 4 burger buns
- ☐ 4 slices cheddar cheese (or your favorite melting cheese, optional)
- ☐ Lettuce leaves and tomato slices, for serving



For the Creamy Herb Sauce:

- ☐ 1/2 cup Greek yogurt
- ☐ 2 tbsp mayonnaise
- ☐ 1 tbsp lemon juice
- ☐ 2 tbsp chopped fresh parsley
- ☐ 1 tbsp chopped chives (or green onion)
- ☐ 2 cloves garlic, minced
- ☐ Salt and pepper, to taste

Directions

- 1 In a small bowl, combine the Greek yogurt, mayonnaise, lemon juice, parsley, chives (or green onion), minced garlic, salt, and pepper. Mix well and chill the sauce in the refrigerator while you cook.
- 2 Thinly slice the onions. In a large skillet, heat the olive oil and butter over medium-low heat. Add the sliced onions and a pinch of salt. Sprinkle in the sugar to help with caramelization. Cook the onions low and slow, stirring occasionally, until they are deep golden and soft, about 20–25 minutes. If they start to burn, reduce the heat. Add a little bit of water towards the end to speed up the caramelization process.
- 3 Cook the Fry's crumbed burgers according to package instructions: fry in a little bit of oil for 8 minutes, or air fry, or bake in the oven until heated through. Place a layer of cheese on top.
- 4 While the burgers are cooking, lightly butter the cut sides of the burger buns and toast them in the pan until golden brown, about 1 minute.
- 5 Spread a generous spoonful of the creamy herb sauce on both halves of the toasted buns. Layer with lettuce, tomato, the cooked Fry's burger, and a heap of caramelized onions. Top with the other half of the bun.
- 6 Serve the burgers immediately and enjoy!



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