



Spanish Burgers with Manchego and Chorizo Hash Browns

READY IN



30 min.

SERVINGS



4

CALORIES



1352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chorizo chopped
- ☐ 4 crusty rolls split toasted
- ☐ 0.3 cucumber seedless very thinly sliced
- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 2 sprigs thyme leaves fresh chopped
- ☐ 2 cloves garlic grated
- ☐ 2 pounds ground sirloin
- ☐ 4 cups hash brown potatoes shredded frozen

- ☐ 1 teaspoons hot sauce to taste
- ☐ 8 slices manchego cheese thin
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 1 onion
- ☐ 8 piquillo peppers red drained
- ☐ 0.5 onion red thinly sliced into rings
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons paprika smoked sweet
- ☐ 1 large vine-ripe tomato sliced

Equipment

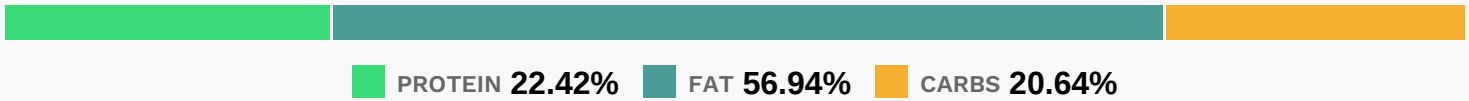
- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a skillet over medium heat then add chorizo.
- ☐ While chorizo is rendering and browning, peel onion.
- ☐ Place meat in a mixing bowl. Grate a few tablespoons of onion directly over the meat. Quarter the remainder of the onion and thinly slice.
- ☐ Add potatoes and onions to the chorizo. Season the hash browns with salt and pepper and fresh thyme. Once the potatoes are lightly browned, 7 to 8 minutes, flip them and press them down with a spatula to crisp them, continue to cook 7 to 8 minutes more.
- ☐ To the sirloin, add parsley, smoked paprika, garlic, salt and pepper.
- ☐ Mix the burgers to combine and form 4 large patties. Create an indentation in each burger using the heel of your hand to counter the burger at the center that happens to burgers as they cook – your burgers will be nice and flat for topping if you use this trick!

- ☐ Heat the remaining extra-virgin olive oil, 2 turns of the pan, in a large skillet over medium-high heat.
- ☐ Add the burgers to the skillet and cook 3 to 4 minutes on each side for medium rare burgers and up to 6 to 7 minutes on each side for well done. Melt manchego cheese, 2 thin slices on each burger, the last 2 minutes they are in the pan. Tent the skillet with loose foil to trap enough heat to melt the cheese.
- ☐ Place pequillo peppers in food processor and add hot sauce, salt and pepper. Process the peppers into a smooth paste.
- ☐ To assemble, place burgers on bun bottoms and top with sliced red onion, cucumber and tomato. Slather the bun tops with pepper paste and set into place.
- ☐ Serve crispy hash browns with chorizo along side.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:12.14, Inflammation Score:-9, Nutrition Score:44.94260844977%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 1351.77kcal (67.59%), Fat: 84.86g (130.55%), Saturated Fat: 35.15g (219.7%), Carbohydrates: 69.23g (23.08%), Net Carbohydrates: 62.2g (22.62%), Sugar: 3.53g (3.92%), Cholesterol: 249.58mg (83.19%), Sodium: 2022.59mg (87.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.16g (150.33%), Vitamin B3: 16.79mg (83.94%), Vitamin B12: 4.92µg (82.02%), Vitamin C: 64.8mg (78.54%), Zinc: 11.39mg (75.92%), Calcium: 749.48mg (74.95%), Selenium: 49.22µg (70.32%), Vitamin B6: 1.25mg (62.68%), Iron: 10.38mg (57.68%), Phosphorus: 571.48mg (57.15%), Potassium: 1659.25mg (47.41%), Manganese: 0.86mg (43.01%), Vitamin B1: 0.59mg (39.4%), Vitamin A: 1897.11IU (37.94%), Vitamin K: 36.24µg (34.51%), Vitamin B2: 0.57mg (33.49%), Copper: 0.58mg (29.05%), Fiber: 7.03g (28.13%), Folate: 100.75µg (25.19%), Magnesium: 95.74mg (23.94%), Vitamin E: 3.54mg (23.63%), Vitamin B5: 2.33mg (23.27%), Vitamin D: 0.23µg (1.51%)