



Pickled Onion & Avocado Grass Fed BUBBA burger

FEEDS:	PREP TIME:	COOK TIME:	TOTAL TIME:
4 PEOPLE	20 MINUTES	15 MINUTES	35 MINUTES

GROCERY CHECKLIST:

- 1 Box of frozen Grass Fed BUBBA burgers
 - 4 Whole wheat buns
 - 1 Large cucumber
 - 1 Container of alfalfa sprouts
 - 2 Ripe avocados
 - 1 Lemon
 - 2 Red onions
 - 2 Cups of white vinegar
 - 2 Cups of water
 - 1/3 Cup of cane sugar
 - 2 Tbsp of sea salt
 - 1 Tsp of peppercorn
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DIRECTIONS

STEP 1 - Make the Pickled Onions.

Thinly slice the red onions and place them in a heat-safe bowl or jar. In a small saucepan, combine the vinegar, water, sugar, salt, and peppercorns. Bring the mixture to a simmer, stirring until the sugar dissolves (should only take about one minute). Pour the hot brine over the onions and let them sit for about 15 minutes until slightly softened and tangy.

STEP 2 - Prep the Fresh Ingredients.

Slice the cucumber into thin rounds. Smash the avocados with a fork in a bowl and season lightly with salt and pepper, then squeeze the lemon slices and mix to keep the avocado from turning brown. Set out the whole wheat buns and alfalfa sprouts so everything is ready to go when the burgers finish cooking.

STEP 3 - Cook the Grass Fed BUBBA burgers.

Cook the Grass Fed BUBBA burgers on a grill or skillet over medium heat for 4-6 minutes. Flip your burgers and cook for another 4-6 minutes or until they reach 160°F internally.

Using an airfryer or the oven? Check out our How to Cook page!

STEP 4 - Build, Serve, & Enjoy!

Spread a layer of smashed avocado on the bottom bun followed by the cucumber slices. Add the Grass Fed BUBBA burger, a pile of pickled onions, and alfalfa sprouts. Top it off with a generous heaping of the smashed avocado and press it all down with the top bun. Serve with a crisp salad, roasted potatoes, or fresh seasonal veggies for a gourmet farm-to-table style dinner at home.