

# Burger Salad

Recipe By *Miriam (Pascal) Cohen*



Cooking and Prep:  25  
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Serves:  8

Contains: 

**Preference:** Meat

**Difficulty:** Easy

**Occasion:** Chanukah

**Diet:** Gluten Free, Low Carb

**Source:** Family Table by  
Mishpacha Magazine

It was definitely my playful side that drove the creation of this recipe. What do you get if you take a burger and all of its best toppings and mix them together in a salad bowl? The answer is... a fantastic salad! My toppings of choice are lettuce, tomatoes, pickles, caramelized onions, coleslaw, and grilled pastrami or beef fry. Feel free to customize this salad with your favorite toppings as well

## Ingredients (20)

### Burgers

- 1 pound (1/2 kilogram) ground beef, formed into 4 patties
- salt, to taste
- pepper, to taste

### Caramelized Onions

- 1 tablespoon canola oil
  - 1 large Spanish onion, cut in small strips
  - 1 teaspoon **Haddar Kosher Salt**
  - 1/4 teaspoon black pepper
  - 1 tablespoon brown sugar
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## Grilled Pastrami

- 6 ounces (170 grams) **Meal Mart Sliced Pastrami** or beef fry
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## Dressing

- 3/4 cup **Gefen Mayonnaise** (lite is fine)
  - 2 tablespoons mustard, preferably deli or spicy brown
  - 2 tablespoons canola oil
  - 1/4 cup white vinegar (use distilled for gluten-free)
  - 1 teaspoon salt
  - 1 teaspoon garlic powder or 2 cubes **Gefen Frozen Garlic**
  - 2 tablespoons sugar
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## Salad

- 8 ounces (225 grams) shredded romaine lettuce
  - 1/2 pint (1 cup) cherry tomatoes
  - about 15 bread-and-butter pickle slices, cut in quarters
  - 1 and 1/2 cups shredded cabbage or coleslaw mix
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## Start Cooking

### Prepare the Burgers

1.)

Sprinkle salt and pepper on burger patties and place on an oven tray.

2. Broil on high for about 4 minutes per side, until cooked through.
3. Cut into bite-size pieces and set aside.

### Prepare the Caramelized Onions

1. Heat oil over medium heat in a large frying pan. Add onion, salt, pepper, and sugar and cook, stirring every couple of minutes, until the onions are soft and have a nice color, about 10 minutes. Set aside.

### Prepare the Pastrami

1. Spread pastrami in a single layer on a baking sheet. Broil on high for 2 minutes, then flip each piece and broil for another 2 minutes. Break into bite-size pieces and set aside.

### Prepare the Dressing

1. Combine all ingredients in a small bowl or container. Whisk or shake until combined. Set aside.

### Assemble the Salad

1. Combine or layer lettuce, vegetables, and toppings in a bowl. Drizzle dressing over salad just before serving.

#### Tip:

Prepare the burgers, onions, pastrami, and dressing a day or two ahead of time and store in the fridge. Bring burgers and pastrami to room temperature before serving, so they aren't congealed. Assemble salad just before serving.