

# Grilled Hawaiian Burgers

## You will need:

### Sauce:

- 1/2 mustard
- 1 tablespoon honey
- 1/4 teaspoon cayenne pepper

### Burgers:

- 4 canned pineapple rings
- 1 large red bell pepper, cut into rings
- 2-4 Beyond Burger patties
- Freshly ground black pepper
- 2 tablespoons plant-based butter
- 4 onion or pretzle rolls, halved
- 1/2 red onion, thinly sliced
- Arugula leaves, for topping

1. **For the sauce:** Stir together the mustard, honey, and cayenne in a small bowl. Set aside.
2. Set a grill pan over medium-high heat (you can also use a skillet).
3. Grill the pineapple and bell pepper rings until they have attractive grill marks on both sides (or brown them in the hot skillet), about 5 minutes.
4. Season the ground beef and form it into four equal-size patties. Cook them over medium heat on the grill for 4 to 5 minutes on the first side, then flip them over and add a splash of honey sauce on top of each one.
5. Butter a griddle or separate skillet set over medium heat. Place the rolls cut-side down and cook until brown, about a minute.
6. Spoon a little bit of the sauce on both sides of the rolls and allow it to soak into the bread. Place the patties on the bottom buns and top each with 2 pineapple slices and some red onion slices, bell pepper rings, and arugula. Top with the top buns and smush it all together. Serve with extra sauce for dipping.