

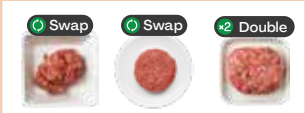


Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Smart Meal

Spicy

35 Minutes



 Ground Turkey 250 g 500 g	 Beyond Meat® 2 4	 Ground Beef 500 g 1000 g
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Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 Ground Beef 250 g 500 g	 Tomato 1 2
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 Spring Mix 113 g 227 g	 Red Onion 1 1
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 Jalapeño 1 2	 Panko Breadcrumbs 1/2 cup 1/4 cup
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 Cheddar Cheese, shredded 1/2 cup 1/4 cup	 Cream Cheese 2 4
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 Spicy Mayo 2 tbsp 4 tbsp	 White Wine Vinegar 2 tbsp 4 tbsp
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Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, 3 small bowls, small pot, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Thinly slice **tomato**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch rounds. Separate into rings.
- Thinly slice **half the jalapeño** into ¼-inch rounds, removing seeds for less heat.
- Core, then finely chop **remaining jalapeño**. (TIP: We suggest using gloves when prepping jalapeños.)

2



Pickle jalapeños and onions

- Add **vinegar**, **jalapeño rounds**, **onions**, **1 tsp** (2 tsp) **sugar** and **2 tbsp** (4 tbsp) **water** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat.
- Transfer **pickled jalapeños and onions**, including **liquid**, to a small bowl.
- Set aside in the fridge to cool.

3



Make patty filling and spicy mayo drizzle

- Meanwhile, combine **chopped jalapeños**, **cream cheese** and **half the cheddar cheese** in another small bowl. (NOTE: This is your patty filling.)
- Combine **spicy mayo** and **1 tsp** (2 tsp) **water** in a third small bowl. (NOTE: This is your spicy mayo drizzle.)

4



Form patties

Swap | Ground Turkey

Swap | Beyond Meat®

×2 Double | Ground Beef

- Add **beef**, **panko** and **¼ tsp** (½ tsp) **salt** to a medium bowl. (TIP: If you prefer more tender patties, add an egg to the mixture.)
- Season with **pepper**, then combine.
- Form into **four 4-inch-wide patties** (8 patties for 4 ppl). Divide **patty filling** between **2 patties** (4 patties for 4 ppl), then top with **remaining patties**.
- Firmly pinch edges of **patties** together to seal in **filling**, then gently reshape into rounds.

5



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed.)
- Sear until golden-brown, 2-3 min per side.
- Remove from heat, then transfer to a parchment-lined baking sheet. Sprinkle **remaining cheese** over **patties**.
- Bake in the **top** of the oven until cooked through, 6-9 min.**

6



Make salad and serve

- Meanwhile, add **1 tbsp** (2 tbsp) **pickling liquid** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, then toss to coat.
- Drain **pickled jalapeños and onions**, then discard remaining pickling liquid.
- Divide **salad** between plates.
- Top with **tomatoes**, **patties** and **pickled jalapeños and onions**.
- Drizzle **spicy mayo drizzle** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Form patties

Swap | Ground Turkey

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef****

4 | Form Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **beef**** Disregard tip to add an egg to mixture.

4 | Form patties

×2 Double | Ground Beef

If you've opted for **double beef**, add an **extra 1/4 tsp** (1/2 tsp) **salt** to the **beef mixture**. (TIP: For 4 ppl, if you prefer more tender patties add 2 eggs to the mixture!) Form into **8** (16) **4-inch-wide patties**. Divide **patty filling** between **4 patties** (8 patties for 4 ppl), then top with **remaining patties**. Follow the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.