



Carb Smart French-Style Beef Patties

with Golden Potato Coins and Buttery Herb Sauce

Smart Meal

30 Minutes

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 Turkey 250 g 500 g	Beyond Meat® 2 4



	
Ground Beef 250 g 500 g	Yellow Potato 350 g 700 g
	
Sugar Snap Peas 113 g 227 g	Spring Mix 56 g 113 g
	
Radish 2 4	Parsley and Thyme 14 g 28 g
	
Mayonnaise 4 tbsp 8 tbsp	White Wine Vinegar 2 tbsp 4 tbsp
	
Italian Breadcrumbs 2 tbsp 4 tbsp	Whole Grain Mustard 1 tbsp 2 tbsp
	
Garlic Salt 1 tsp 2 tsp	

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 | Butter, sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, 2 medium bowls, parchment paper, small pot

1



Cut and roast potato coins

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

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the garlic salt** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 24-28 min.**

2



Pickle radish

- Thinly slice **radishes**
- Add **radish**, **1 ½ tbsp** (3 tbsp) **vinegar**, **2 tsp** (4 tsp) **sugar** and **1 tbsp** (2 tbsp) **water** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min. Transfer **radishes**, including **liquid**, to a large bowl. Set aside in the fridge to cool.

3



Finish prep

- Trim **sugar snap peas**, then thinly slice lengthwise.
- Strip **1 tsp** (2 tsp) **thyme leaves** from **stems**, then finely chop.
- Finely chop **parsley**.
- Heat **2 tbsp** (4 tbsp) **butter** in the microwave until melted, 30 sec. Set aside.

4



Prep and sear patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Add **breadcrumbs**, **beef**, **thyme**, **half the whole grain mustard** and **remaining garlic salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into two (four) 5-inch-wide **patties**.
- Heat a large non-stick pan over medium heat. Add **patties** to the dry pan. Cover and cook, flipping halfway until **patties** are cooked through and golden-brown, 3-4 min per side. (**TIP**: Reduce heat to med-low if patties begin to burn too quickly.)

5



Make herb sauce and dressing

- Add **mayo**, **half the parsley**, **remaining mustard** and **remaining vinegar** to a medium bowl. Stir to mix
- Slowly add **cooled butter**, stirring to combine. Season to taste with **salt** and **pepper**. This is your **herb sauce**.
- Drain and discard all but **1 tbsp** (2 tbsp) **pickling liquid** from **radishes**. Add **½ tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**. Stir to mix.

6



Finish and serve

- Add **spring mix** and **snap peas** to bowl with **radishes** and **dressing**. Toss to coat.
- Divide **potatoes**, **salad** and **patties** between plates.
- Spoon **some herb sauce** over **patties** and serve **any remaining sauce** alongside for dipping.
- Sprinkle **remaining parsley** over top.

Measurements
within steps

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

4 | Prep and sear patties

Swap | **Ground Turkey**

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

4 | Prep and sear Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook it the same way the recipe instructs you to prep and cook the **beef**.**

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