



Pork and Apple Burgers















with Maple-Mustard Dressed Salad

25 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](http://hellofresh.ca)



 Ground Beef 250g 500g	 Beyond Meat® 2 4
 Ground Pork 250 g 500 g	 Gala Apple 1 2
 Baby Tomatoes 113 g 227 g	 Mayonnaise 2 tbsp 4 tbsp
 Whole Grain Mustard 1 tbsp 2 tbsp	 Panko Breadcrumbs ¼ cup ½ cup
 Garlic Puree 1 tbsp 2 tbsp	 Almonds, sliced 28 g 56 g
 Maple Syrup 2 tbsp 4 tbsp	 Artisan Bun 2 4
 White Cheddar Cheese, shredded ½ cup 1 cup	 Spring Mix 56 g 113 g

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, pepper, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, small bowl, whisk

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Core, then cut **apple** into ½-inch wedges.
- Halve **tomatoes**.
- Stir **mayo** and **half the mustard** together in a small bowl. Set aside.

2



Form patties

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Add **pork**, **garlic puree**, **panko** and ¼ **tsp** (½ **tsp**) **salt** to a medium bowl. (**TIP:** If you prefer more tender patties, add an egg to mixture!)
- Season with **pepper**, then combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).

3



Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer **toasted almonds** to a plate.

4



Caramelize apples

- Reheat the same pan over medium-high.
- When the pan is hot, add **1 tsp** (2 **tsp**) **oil**, then **apples**. Drizzle with **1 ½ tbsp** (3 **tbsp**) **maple syrup**.
- Cook, stirring often, until **apples** are golden brown and tender-crisp, 2-3 min per side.
- Transfer **caramelized apples** to a plate. Set aside.
- Carefully wipe the pan clean.

5



Cook patties and toast buns

Swap | **Beyond Meat®**

- Reheat the same pan over medium.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Pan-fry until cooked through, 4-5 min per side.**
- Meanwhile, halve **buns**.
- Arrange on an unlined baking sheet, cut-side up. Sprinkle **cheese** over **bottom buns**.
- Broil **buns** in the **middle** of the oven until **cheese** melts, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Toss salad and serve

- Whisk together **remaining maple syrup**, **remaining mustard** and **1 tbsp** (2 **tbsp**) **oil** in a large bowl.
- Add **spring mix**, **toasted almonds** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Spread **mustard-mayo mixture** on **top buns**.
- Stack **patties** and **caramelized apples** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **salad** between plates.

Measurements
within steps

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

2 | Form patties

Swap | **Ground Beef**

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

2 | Form patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**.

5 | Toss salad and serve

Swap | **Beyond Meat®**

Cook **Beyond Meat® patties** the same way the recipe instructs you to cook the **pork**.**

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