

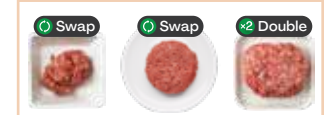


# Smart Seared Beef Patties with Smoked Paprika and Feta

## with Roasted Peppers and Lemony Mayo

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](http://www.hellofresh.ca)

Ground Turkey 250 g   500 g	Beyond Meat® 2   4	Ground Beef 500 g   1000 g



- |  |  |
|--|--|
|  |  |
| Ground Beef<br>250 g   500 g                   | Zesty Garlic Blend<br>1 tbsp   2 tbsp  |
|  |  |
| Smoked Paprika-Garlic Blend<br>1 tbsp   2 tbsp | Italian Breadcrumbs<br>4 tbsp   8 tbsp |
|  |  |
| Lemon<br>1   2                                 | Baby Tomatoes<br>113 g   227 g         |
|  |  |
| Sweet Bell Pepper<br>1   2                     | Baby Spinach<br>56 g   113 g           |
|  |  |
| Feta Cheese, crumbled<br>½ cup   1 cup         | Mayonnaise<br>2 tbsp   4 tbsp          |

**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 | Salt, pepper, oil

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

1



## Form patties

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

🔄 Swap | **Ground Turkey**

\*2 Double | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Add **breadcrumbs, Smoked Paprika-Garlic Blend, two-thirds of the Zesty Garlic Blend** and **half the feta** to a medium bowl. (**TIP:** If you prefer more tender patties, add an egg to mixture.) Reserve **remaining feta** to serve in step 6.
- Crumble in **beef**, then combine.
- Form **mixture** into **two** (four) **4-inch-wide patties**.

4



## Remaining prep and make lemony

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Halve **tomatoes**.
- Add **mayo, lemon zest** and **½ tsp** (1 tsp) **lemon juice** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

2



## Sear patties and season peppers

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil**, then **patties**. (**NOTE:** For 4 ppl, cook patties in 2 batches, using ½ tbsp oil per batch.)
- Pan-fry until golden-brown, 2-3 min per side.
- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Add **peppers, remaining Zesty Garlic Blend** and **½ tbsp** (1 tbsp) **oil** to one side of a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Set aside.

5



## Make salad

- Add **½ tbsp** (1 tbsp) **lemon juice** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add a pinch of sugar to dressing, if desired.)
- Add **tomatoes** and **spinach**, then toss to combine.

3



## Cook patties and peppers

- Transfer **seared patties** to the other side of the baking sheet with **peppers**.
- Roast in the **middle** of the oven until **peppers** are tender and **patties** are cooked through, 10-12 min. **\*\***

6



## Finish and serve

- Divide **patties, peppers** and **salad** between plates.
- Sprinkle **remaining feta** over **salad**.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **lemony mayo** alongside for dipping.

Measurements  
within steps

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

## 1 | Form patties

🔄 Swap | **Ground Turkey**

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

## 1 | Form patties

\*2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Form **mixture** into **four** (eight) **4-inch-wide patties**. Follow the rest of the recipe as written.

## 1 | Form patties

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the patties. Save **breadcrumbs** and **Smoked Paprika-Garlic Blend** for another use. Use **all the Zesty Garlic Blend** to season **peppers**. Reserve **all the feta** to serve in step 6.

## 2 | Sear Beyond Meat® patties and season peppers

🔄 Swap | **Beyond Meat®**

Sear and cook **Beyond Meat® patties** the same way the recipe instructs you to sear and cook the **beef**. **\*\***