

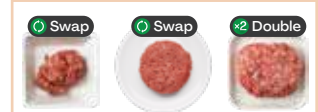


Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Smart Meal

Spicy

35 Minutes



Customized Protein

+ Add

Swap

or

x2 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 500 g | 1000 g



- Ground Beef 250 g | 500 g
- Tomato 2 | 4
- Spring Mix 113 g | 227 g
- Red Onion 1 | 1
- Jalapeño 1 | 2
- Panko Breadcrumbs 1/4 cup | 1/2 cup
- Cheddar Cheese, shredded 1/4 cup | 1/2 cup
- Cream Cheese 1 | 2
- Spicy Mayo 2 tbsp | 4 tbsp
- White Wine Vinegar 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 | 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** (use 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.)

4



Form patties

Swap | Ground Turkey

Swap | Beyond Meat®

*2 Double | Ground Beef

- Add **beef**, **half the panko** (use all for 4 ppl) 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.

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.

5



Cook patties

- Heat a large non-stick pan over medium-high.
- 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. ******

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.)

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Form patties

Swap | Ground Turkey

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

4 | Form Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep 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 ¼ **tsp** (½ **tsp**) **salt** to the **beef mixture**. (**TIP:** For 4 servings, if you prefer more tender patties add 2 eggs to the mixture.) Form into **eight** (four) **5-inch-wide patties**.

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