

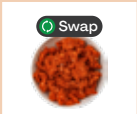


Carb Smart Jalapeño Popper Bunless Burgers with Fresh Salad

Smart Meals

Spicy

35 Minutes



Chorizo Sausage, uncased
250 g | 500 g

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
2 | 4



Spring Mix
113 g | 227 g



Red Onion
½ | 1



Jalapeño
1 | 2



Panko Breadcrumbs
3 tbsp | ½ cup



Cheddar Cheese, shredded
¼ cup | ½ cup



Cream Cheese
2 | 4



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.*

Ingredient quantities **56 g** | **113 g**
2 person | 4 person

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 servings) 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 | Chorizo Sausage, uncased

- Add **beef**, **half the panko** (use all for 4 servings) 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** (8) 4-inch-wide **patties**. Divide **patty filling** between **2** (4) **patties**, 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. Cook 1-2 min, stirring often, until **sugar** dissolves.
- 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 crowd the pan; cook patties in 2 batches if needed.)
- Sear 2-3 min per side, until golden.
- Remove from heat, then transfer to a parchment-lined baking sheet. Sprinkle **remaining cheese** over **patties**.
- Roast in the **top** of the oven for 6-9 min, until cooked through.**

3



Make patty filling and spicy mayo sauce

- 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 sauce.)

6



Make salad and serve

- Meanwhile, to a large bowl, add **1 tbsp** (2 **tbsp**) **pickling liquid** and **1 tbsp** (2 **tbsp**) **oil**.
- 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**, **pickled jalapeños** and **onions**.
- Drizzle **spicy mayo sauce** 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 | Chorizo Sausage, uncased

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

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