



# BBQ Cheddar Turkey Burgers

with Ranch-Dressed Salad

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

Swap



Ground Beef  
250 g | 500 g

Swap



Beyond Meat®  
2 | 4

+ Add



Bacon Strips  
100 g | 200 g



Ground Turkey  
250 g | 500 g



Artisan Bun  
2 | 4



Croutons  
28 g | 56 g



Italian Breadcrumbs  
4 tbsp | 8 tbsp



Tomato  
1 | 2



Baby Spinach  
56 g | 113 g



Cheddar Cheese, shredded  
¼ cup | ½ cup



BBQ Sauce  
4 tbsp | 8 tbsp



Ranch Dressing  
2 tbsp | 4 tbsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



BBQ Seasoning  
1 tbsp | 2 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 | Butter, oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, medium bowl, small bowl

1



## Prep

- Before starting, remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.
- Cut two thin slices of **tomato**, then cut **remaining tomato** into ¼-inch pieces.
- To a small bowl, add **BBQ sauce** and **half the mustard**, then stir to combine. Season with **pepper**.

4



## Toast buns

+ Add | **Bacon Strips**

- Reheat the same pan over medium.
- Meanwhile, halve **buns**, then spread **1 tbsp** (2 tbsp) **softened butter** onto cut sides of **each bun half**.
- When the pan is hot, add **buns**, cut-sides down. (**NOTE:** Don't overcrowd the pan; toast buns in 2 batches for 4 servings).
- Toast for 2-4 min, until browned. (**TIP:** Keep an eye on them so they don't burn!)

2



## Form patties

⌚ Swap | **Ground Beef**

⌚ Swap | **Beyond Meat®**

- To a large bowl, add **turkey**, **breadcrumbs**, **BBQ Seasoning** and ½ **tsp** (¼ **tsp**) **salt**. Season with **pepper**, then combine.
- Form **mixture** into two (four) 5-inch-wide **patties**. (**NOTE:** Your mixture may look wet; this is normal!)

3



## Cook patties

- Heat a large non-stick pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.)
- Pan-fry for 5-6 min per side, until cooked through.\*\*
- When **patties** are almost cooked through, top with **cheese**. Cook covered for 1-2 min, until **cheese** melts.
- Remove from heat, then transfer **patties** to a plate.
- Carefully rinse and wipe the pan clean.

5



## Finish and serve

+ Add | **Bacon Strips**

- Spread **BBQ-mustard mixture** over **top** and **bottom buns**.
- Stack **tomato slices**, **some spinach** and **patties** on **bottom buns**. Close with **top buns**.
- To a medium bowl, add **croutons**, **chopped tomato**, **ranch dressing**, **remaining mustard** and **remaining spinach**. Toss to combine.
- Divide **burgers** and **salad** between plates.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving 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.

## 2 | Form patties

⌚ Swap | **Ground Beef**

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

## 2 | 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 **turkey**\*\*.

## 4 | Cook bacon and toast buns

+ Add | **Bacon Strips**

If you've opted to add **bacon**, reheat the pan over medium. When hot, add **bacon**. Cook for 5-7 min, flipping occasionally, until crispy.\*\* Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Discard bacon fat from the pan. Carefully rinse and wipe the pan clean. Use the same pan to toast **buns**.

## 5 | Finish and serve

+ Add | **Bacon Strips**

Top **burgers** with **bacon** when you assemble them.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook turkey, beef and Beyond Meat® to a minimum internal temperature of 165°F, and bacon to a minimum internal temperature of 160°F.