



Carb Smart Cheeseburger Salad

with DIY Special Sauce

Carb Smart

30 Minutes



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Ground Beef



Croutons



Panko Breadcrumbs



Baby Spinach



Roma Tomato



Dill Pickle, sliced



Cheddar Cheese, shredded



Mayonnaise



Ketchup



Garlic Salt



White Wine Vinegar



Dijon Mustard

HELLO DILL PICKLE

This crunchy classic packs a flavourful punch!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person), **(2 tbsp)** (4 person), **oil** Ingredient

Bust out

Medium bowl, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Croutons	28 g	56 g
Panko Breadcrumbs	¼ cup	½ cup
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
Dill Pickle, sliced	90 ml	180 ml
Cheddar Cheese, shredded	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Ketchup	2 tbsp	4 tbsp
Garlic Salt	½ tsp	1 tsp
White Wine Vinegar	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



1 Make patties

- Combine **beef**, **panko**, **Dijon**, ¼ **tsp** (½ **tsp**) **garlic salt** and ½ **tsp** (¼ **tsp**) **pepper** in a medium bowl. (**TIP**: If you prefer a more tender patty, add an egg to the mixture.)
- Form **beef mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).



4 Make special sauce

- Add **mayo**, **ketchup**, **finely chopped pickles** and ¼ **tsp** (½ **tsp**) **garlic salt** to the small bowl with **reserved pickle brine**. Season with **pepper**.



2 Cook patties

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Pan-fry until cooked through, 4-5 min per side.** When **patties** are cooked through, top with **cheese**.
- Cover and cook until **cheese** melts, 1 min.
- Remove from heat.



5 Dress salad greens

- Add **vinegar**, 1 **tbsp** (2 **tbsp**) **oil** and ½ **tsp** (1 **tsp**) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, then toss to combine.



3 Prep

- Meanwhile, halve **tomato** lengthwise and cut into ¼-inch half-moons.
- Drain **pickles** over a small bowl. (**NOTE**: You will use the pickle brine in step 4 to make your sauce.) Finely chop 1 **tbsp** (2 **tbsp**) **pickles**. Cut **remaining pickles** in half.



6 Finish and serve

- Divide **dressed greens** between plates. Top with **tomatoes**, **patties** and **halved pickles**.
- Sprinkle with **croutons** and drizzle **special sauce** over top.

Dinner Solved!



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