




Carb Smart Cheeseburger Salad

with DIY Special Sauce

Carb Smart 30 Minutes











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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Ground Beef
-  Double Ground Beef
-  Croutons
-  Panko Breadcrumbs
-  Spring Mix
-  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, strainer, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Croutons	28 g	56 g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	113 g	227 g
Roma Tomato	1	2
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 **¼ tsp** (¼ tsp) **pepper** in a medium bowl. (TIP: If you prefer a firmer patty, add an egg to mixture!)
- Form **beef mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).

If you've opted for **double beef**, add an **extra ¼ tsp** (½ tsp) **salt** to the **beef mixture**. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Form into **four 5-inch-wide patties** (8 patties for 4 ppl).

4



Make special sauce

- Add **mayo**, **ketchup**, **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 **spring mix**, 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 pickle brine in step 4 to make special 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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