

Carb Smart Jalapeño Popper Bunless Beef Burgers

with Fresh Salad

Carb Smart

Spicy

35 Minutes



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Spring Mix



Roma Tomato

















Spicy Mayo

Cream Cheese

White Wine Vinegar

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!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements , 1 tbsp (2 tbsp) oil within steps Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small pot, 3 small bowls, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Roma Tomato	1	2
Spring Mix	113 g	227 g
Red Onion	1/2	1
Jalapeño 🤳	1	2
Panko Breadcrumbs	⅓ cup	½ cup
Cheddar Cheese, shredded	⅓ cup	½ cup
Cream Cheese	1	2
Spicy Mayo 🌙	2 tbsp	4 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 tsp	2 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, sov. sulphites, tree nuts and wheat.





Prep

- Thinly slice tomato.
- Peel, then cut half the onion into 1/4-inch rounds (whole onion for 4 ppl). Separate into rings.
- Thinly slice half the jalapeño into 1/4-inch rounds, removing seeds for less heat. Core, then finely chop **remaining jalapeño**. (TIP: We suggest using gloves when prepping jalapeños!).



Form patties

- Add beef, panko and ¼ tsp (½ tsp) salt to a medium bowl. (TIP: If you prefer a firmer patty, add an egg to mixture.) Season with pepper, then combine.
- Form into four 4-inch-wide burger 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 burgers together to seal in **filling**, then gently reshape into rounds.

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 eight 4-inch-wide patties (16 patties for 4 ppl). Divide **filling** between **4 patties** (8 patties for 4 ppl), then top with remaining patties.



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.

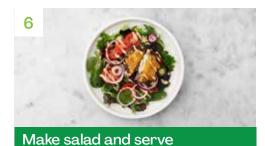


Cook patties

- Heat a large non-stick pan over mediumhigh heat.
- When 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.**



- 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 another small bowl. (NOTE: This is your spicy mayo drizzle.)



- · 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** over top.

Dinner Solved!