

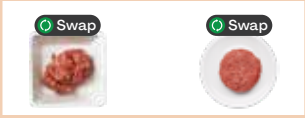


Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Smart Meal

Spicy

35 Minutes



Ground Turkey
250 g | 500 g

Beyond Meat®
2 | 4

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
1 | 2

Spring Mix
113 g | 227 g

Red Onion
½ | 1

Jalapeño
1 | 2

Panko
Breadcrumbs
¼ cup | ½ cup

Cheddar Cheese,
shredded
¼ cup | ½ cup

Cream Cheese
1 | 2

Spicy Mayo
2 tbsp | 4 tbsp

White Wine
Vinegar
1 tsp | 2 tsp

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.

Pantry items | Sugar, oil, salt, pepper

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

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 ppl) 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!).

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 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.

3



Make patty filling and spicy mayo drizzle

- 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 drizzle.)

4



Form patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

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

5



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When the pan is 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.**

6



Make salad and serve

- 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 drizzle** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Form turkey patties

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, but disregard the tip to add an egg.**

4 | Form Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**.**

** Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.