



# Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Smart Meal

Spicy

35 Minutes

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)



 Swap	 Swap
	
Ground Pork 250 g   500 g	Beyond Meat® 2   4

	
	
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 2 tbsp   4 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.

**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!)

4



## Form patties

Swap | **Ground Pork**

Swap | **Beyond Meat®**

- Add **beef, panko** and ¼ **tsp** (½ **tsp**) **salt** to a medium bowl. (TIP: If you prefer more tender patties, 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.

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.

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.\*\*

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.)

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 patties

Swap | **Ground Pork**

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef**.\*\*

## 4 | Form 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**.\*\* Disregard tip to add an egg to the mixture.

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



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