

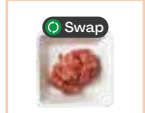


# Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Spicy

Smart Meal

35 Minutes



Ground Turkey  
250 g | 500 g

↔ Custom Recipe

+ 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



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

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

4



## Form patties

Swap | Ground Turkey

- Add **beef**, **panko** and **¼ tsp** (½ tsp) **salt** to a medium bowl. (TIP: If you prefer a firmer 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 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** over top.

Measurements  
within steps

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

## 4 | Form patties

Swap | Ground Turkey

If you've opted to get **turkey**, form **patties** the same way the recipe instructs you to form the **beef patties**. Cook them in the same way the recipe instructs you to cook the **beef**.\*\*

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



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