

Carb Smart Jalapeño Popper Bunless Beef Burgers with Fresh Salad

Smart Meal

Spicy

35 Minutes











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 🎥













Ground Beef 250 g | 500 g

1 2





Spring Mix 113 g | 227 g

Red Onion 1/2 1







Breadcrumbs ¼ cup | ½ cup



Cheddar Cheese, shredded



1 | 2

¼ cup | ½ cup







2 tbsp | 4 tbsp

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 🗗 is 🕰 restaurable lifts 🗠 Ingredients are packaged in a facility that also handles egg 🗗 is 🛣 restaurable lifts 🛣 restaurable lifts but also handles egg restaurable egg restaurable lifts but also handles egg restaurable lifts but also han Cooking utensils | Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small pot, 3 small bowls, whisk, large non-stick pan



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 1/4-inch rounds, removing seeds for less heat.
- Core, then finely chop remaining jalapeño. (TIP: We suggest using gloves when prepping jalapeños!).



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.



Make patty filling and spicy mauo 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.)



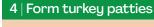
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Cook patties

- 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.**



- 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

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.**

1 tbsp

(2 tbsp)

oil

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. **



Form patties

O 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.

