

Carb Smart Loaded Bunless Beef Burgers

with Spinach Salad

Carb Smart

30 Minutes













Baby Spinach

Panko Breadcrumbs



Roma Tomato







White Wine Vinegar

Red Onion

Dijon Mustard



Cheddar Cheese,



shredded



Worcestershire





Guacamole

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Medium bowl, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

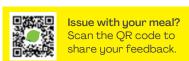
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	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Chicken •	250 g	500 g
Panko Breadcrumbs	⅓ cup	½ cup
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
Mayonnaise	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Dill Pickle, sliced	90 ml	180 ml
Cheddar Cheese, shredded	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Worcestershire Sauce	1 tbsp	2 tbsp
Red Onion	56 g	113 g
Guacamole	3 tbsp	6 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook beef and chicken to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Prep

- Thinly slice tomato.
- Peel, then cut **half the onion** into ¼-inch rounds (whole onion for 4 ppl). Separate **onion rounds** into rings.
- Stir together mayo and Dijon in a small bowl. Set aside.



Make patties

- Combine beef, panko, Worcestershire sauce, ¼ tsp (½ tsp) salt and ¼ tsp (½ tsp) pepper in a medium bowl. (TIP: If you prefer a more tender patty, add an egg to mixture!)
- Form **mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).

If you've opted to get **chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**



Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add ½ tbsp (1 tbsp) oil, then patties. Pan-fry until cooked through,
 4-5 min per side.**
- When **patties** are almost cooked through, top with **cheese**. Cover and cook until **cheese** melts, 1-2 min.



Make salad

- Meanwhile, whisk together vinegar,
 2 tbsp (4 tbsp) oil and ¼ tsp (½ tsp) sugar in a large bowl.
- Add **spinach**, then toss to coat.



Finish and serve

- Divide **spinach salad** between plates. Top with **tomatoes**, **onions**, **patties** and **pickles**.
- Dollop guacamole and Dijonnaise over top.

Dinner Solved!