



Carb Smart Loaded Bunless Beef Burgers with Spinach Salad

Carb Smart

Quick

25 Minutes

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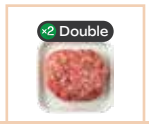
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or

*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

500 g | 1000 g



Ground Beef
250 g | 500 g



Panko Breadcrumbs
¼ cup | ½ cup



Baby Spinach
113 g | 227 g



Tomato
1 | 2



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
1 | 2



Guacamole
3 tbsp | 6 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 | Oil*, salt*, sugar*, pepper*

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

1



Prep

- Before starting, 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.
- Stir together **mayo** and **Dijon** in a small bowl. Set aside.

2



Make patties

×2 Double | Ground Beef

- 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).

3



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.

4



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.

5



Finish and serve

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

Measurements
within steps

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

2 | Make patties

×2 Double | Ground Beef

If you've opted for **double beef**, form into **four 5-inch-wide patties** (8 patties for 4 ppl). Cook it in the same way the recipe instructs you to prepare and cook the **regular portion of beef**. Work in batches, if necessary.

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



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