



Carb Smart Loaded Bunless Beef Burgers with Spinach Salad

Carb Smart 30 Minutes



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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!

- Ground Beef
- Ground Chicken
- Panko Breadcrumbs
- Baby Spinach
- Roma Tomato
- Mayonnaise
- Dijon Mustard
- Dill Pickle, sliced
- Cheddar Cheese, shredded
- White Wine Vinegar
- Worcestershire Sauce
- Red Onion
- Guacamole

HELLO DIJON MUSTARD

A style of prepared mustard from, you guessed it, Dijon, France!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Chicken	250 g	500 g
Panko Breadcrumbs	¼ 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*	¼ 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 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.



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**.**



Finish and serve

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

Dinner Solved!



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.



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