

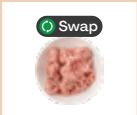


# Carb Smart Bunless Beef Burgers

with Olive-Tomato Topping and Feta Sauce

Smart Meal

20 Minutes



Ground Pork  
250 g | 500 g

Customized Protein

+ 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](http://www.hellofresh.ca)



Ground Beef  
250 g | 500 g



Baby Tomatoes  
113 g | 227 g



Spring Mix  
113 g | 227 g



Dill  
7 g | 14 g



Mini Cucumber  
1 | 2



Feta Cheese,  
crumbled  
1/4 cup | 1/2 cup



Mixed Olives  
30 g | 60 g



Roasted Pepper  
Pesto  
1/4 cup | 1/2 cup



Panko  
Breadcrumbs  
1/4 cup | 1/2 cup



Mayonnaise  
4 tbsp | 8 tbsp



Red Wine Vinegar  
1 tbsp | 2 tbsp



Dill-Garlic Spice  
Blend  
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, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, sugar, oil, pepper

Cooking utensils | Aluminum foil, baking sheet, large bowl, measuring spoons, 2 medium bowls, small bowl

1



## Form patties

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Swap | Ground Pork

- Line a baking sheet with foil.
- Add **panko** and **1/8 cup** (1/4 cup) **pesto** to a medium bowl, then stir to combine.
- Add **beef** and **Dill-Garlic Spice Blend**. Season with **salt** and **pepper**, then combine. (**TIP:** If you prefer a more tender patty, add an egg to the mixture!)
- Form **mixture** into **two** (four) **5-inch-wide patties**.

2



## Cook patties

- Place **patties** on the prepared baking sheet.
- Broil in the **middle** of the oven, flipping halfway, until lightly charred and cooked through, 8-10 min. **\*\***

3



## Prep

- Meanwhile, thinly slice **cucumber**.
- Halve **tomatoes**.
- Drain, then cut or tear **olives** in half.
- Roughly chop **dill**.

4



## Make topping and sauces

- Add **1/8 cup** (1/4 cup) **pesto**, **2 tsp** (4 tsp) **vinegar** and **1/2 tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your dressing!)
- Add **tomatoes**, **olives**, **half the dill**, **remaining vinegar**, **1/8 tsp** (1/4 tsp) **sugar** and **1 tsp** (2 tsp) **oil** to another medium bowl. Season with **salt** and **pepper**. Stir to coat.
- Combine **mayo** and **feta** in a small bowl.

5



## Finish and serve

- Add **spring mix** and **cucumbers** to bowl with **dressing**. Toss to coat.
- Divide **salad** and **patties** between plates.
- Spoon **tomato-olive topping** over top.
- Dollop **feta sauce** over **patties**.
- Sprinkle **remaining dill** over top.

Measurements  
within steps

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

## 1 | Form patties

Swap | Ground Pork

If you've opted to get **pork**, prep and cook it in the same way the recipe instructs you to prep and 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.