



# Carb Smart Bunless Teriyaki Burgers with Broiled Peppers and Pineapple

Carb Smart

30 Minutes



Ground Beef



Pineapple



Spring Mix



Carrot



Teriyaki Sauce



Sweet Bell Pepper



Crispy Shallots



White Wine Vinegar



Garlic, cloves



Ginger



Panko Breadcrumbs



Soy Sauce



Mozzarella Cheese,  
shredded

## HELLO TERIYAKI SAUCE

*This sweet and savoury sauce adds Japanese-influenced flavour to any dish!*

## Start here

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

## Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, grater, aluminum foil, large bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Pineapple	95 g	190 g
Spring Mix	113 g	227 g
Carrot	170 g	340 g
Teriyaki Sauce	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Crispy Shallots	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic, cloves	2	4
Ginger	30 g	60 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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## 1 Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **carrot** into ¼-inch rounds. Cut **pineapple** into ½-inch pieces. Peel, then mince or grate **garlic**. Peel, then grate ½ **tbsp ginger** (dbl for 4 ppl).



## 4 Cook patties

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), 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 min.



## 2 Broil veggies

Add **peppers, carrots** and 1 **tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Broil in the **middle** of the oven until golden-brown, 6-8 min.



## 5 Make salad

While **patties** cook, whisk together **vinegar**, 2 **tbsp oil** and ¼ **tsp sugar** (dbl both for 4 ppl) in a large bowl. Add **spring mix** and **pineapple**, then toss to coat.



## 3 Form patties

Combine **beef, panko, soy sauce, garlic, ginger** and ¼ **tsp pepper** (dbl for 4 ppl) in a medium bowl. (**TIP:** If you prefer a firmer patty, add an egg to the mixture!) Form **beef mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).



## 6 Finish and serve

Divide **salad** between plates. Top with **broiled veggies** and **patties**. Drizzle **half the teriyaki sauce** (use all for 4 ppl) over top. Sprinkle with **crispy shallots**.

## Dinner Solved!