



# Carb Smart Bunless Teriyaki Burgers

with Broiled Peppers and Pineapple

Carb Smart

35 Minutes



Ground Beef



Pineapple



Spring Mix



Teriyaki Sauce



Sweet Bell Pepper



White Wine Vinegar



Garlic, cloves



Ginger



Panko Breadcrumbs



Soy Sauce



Mozzarella Cheese, shredded



Crispy Shallots



Carrot

## 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, grater, measuring spoons, aluminum foil, large bowl, whisk, large non-stick pan, peeler

## Ingredients

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

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



## 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.



## 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.



## 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.



## 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).



## 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!