



# Carb Smart Jalapeño Popper Bunless Beef Burgers

with Fresh Salad

Carb Smart

Spicy

35 Minutes



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Ground Beef



Double Ground Beef



Roma Tomato



Spring Mix



Red Onion



Jalapeño



Panko Breadcrumbs



Cheddar Cheese,  
shredded



Cream Cheese



Spicy Mayo



White Wine Vinegar

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### HELLO JALAPEÑO

*This medium-sized chili pepper provides a boost of flavour and a mild spice kick!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

## Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small pot, 3 small bowls, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Roma Tomato	1	2
Spring Mix	113 g	227 g
Red Onion	½	1
Jalapeño 🌶️	1	2
Panko Breadcrumbs	¼ cup	½ cup
Cheddar Cheese, shredded	¼ cup	½ cup
Cream Cheese	1	2
Spicy Mayo 🌶️	2 tbsp	4 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 tsp	2 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.



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### Prep

1. Thinly slice **tomato**.
2. Peel, then cut **half the onion** into ¼-inch rounds (whole onion for 4 ppl). Separate into rings.
3. Thinly slice **half the jalapeño** into ¼-inch rounds, removing seeds for less heat. Core, then finely chop **remaining jalapeño**. (TIP: We suggest using gloves when prepping jalapeños!).



### Form patties

4. Add **beef, panko** and **¼ tsp** (½ tsp) **salt** to a medium bowl. (TIP: If you prefer a firmer patty, add an egg to mixture.) Season with **pepper**, then combine.
5. Form into **four 4-inch-wide burger patties** (8 patties for 4 ppl). Divide **patty filling** between **2 patties** (4 patties for 4 ppl), then top with **remaining patties**.
6. Firmly pinch **edges of burgers** together to seal in **filling**, then gently reshape into rounds.

If you've opted for **double beef**, add an **extra ¼ tsp** (½ tsp) **salt** to the **beef mixture**. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Form into **eight 4-inch-wide patties** (16 patties for 4 ppl). Divide **filling** between **4 patties** (8 patties for 4 ppl), then top with **remaining patties**.



### Pickle jalapeños and onions

2. Add **vinegar, jalapeño rounds, onions, 1 tsp** (2 tsp) **sugar** and **2 tbsp** (4 tbsp) **water** to a small pot. Season with **salt**.
3. Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
4. Remove from heat. Transfer **pickled jalapeños and onions**, including **liquid**, to a small bowl. Set aside in the fridge to cool.



### Cook patties

5. Heat a large non-stick pan over medium-high heat.
6. When hot, add **½ tsp** (1 tbsp) **oil**, then **patties**. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed.)
7. Sear, until golden-brown, 2-3 min per side.
8. Remove from heat, then transfer to a parchment-lined baking sheet. Sprinkle **remaining cheese** over **patties**.
9. Bake in the **top** of the oven until cooked through, 6-9 min.\*\*



### Make patty filling and spicy mayo drizzle

3. Meanwhile, combine **chopped jalapeños, cream cheese** and **half the cheddar cheese** in another small bowl. (NOTE: This is your patty filling.)
4. Combine **spicy mayo** and **1 tsp** (2 tsp) **water** in another small bowl. (NOTE: This is your spicy mayo drizzle.)



### Make salad and serve

6. Meanwhile, add **1 tbsp** (2 tbsp) **pickling liquid** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
7. Add **spring mix**, then toss to coat. Drain **pickled jalapeños and onions**, then discard remaining pickling liquid.
8. Divide **salad** between plates.
9. Top with **tomatoes, patties** and **pickled jalapeños and onions**.
10. Drizzle **spicy mayo** over top.

Dinner Solved!