



Carb Smart Loaded Bunless Beef Burgers

with Arugula and Spinach

Carb Smart

30 Minutes



Ground Beef



Panko Breadcrumbs



Arugula and Spinach Mix



Roma Tomato



Mayonnaise



Dijon Mustard



Dill Pickle, sliced



Cheddar Cheese, shredded



White Wine Vinegar



Crispy Shallots



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.

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
Panko Breadcrumbs	¼ cup	½ cup
Arugula and Spinach Mix	113 g	227 g
Roma Tomato	80 g	160 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
Crispy Shallots	28 g	56 g
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 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

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA

1



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.

2



Make patties

- Combine **beef**, **panko**, **Worcestershire sauce**, ¼ **tsp salt** and ¼ **tsp pepper** (dbl both for 4 ppl) in a medium bowl. (**TIP:** If you prefer a more tender patty, add an egg to the mixture!)
- Form **beef mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).

3



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, 1-2 min.

4



Make salad

- Meanwhile, whisk together **vinegar**, 2 **tbsp oil** and ¼ **tsp sugar** (dbl both for 4 ppl) in a large bowl.
- Add **arugula and spinach mix**, then toss to coat.

5



Finish and serve

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

Dinner Solved!