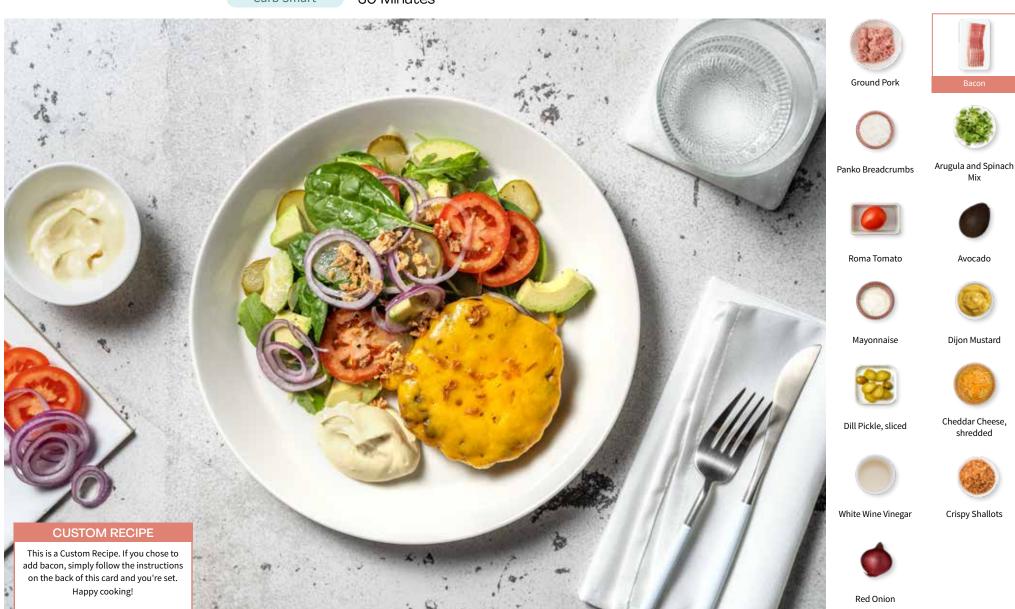


Carb Smart Loaded Bunless Pork Burgers

with Arugula and Spinach

Carb Smart

30 Minutes



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

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	2 Person	4 Person
Ground Pork	250 g	500 g
Bacon	100 g	200 g
Panko Breadcrumbs	1/4 cup	½ cup
Arugula and Spinach Mix	113 g	227 g
Roma Tomato	80 g	160 g
Avocado	1	2
Mayonnaise	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Dill Pickle, sliced	90 ml	180 ml
Cheddar Cheese, shredded	1/4 cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Red Onion	56 g	113 g
Sugar*	1/4 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.



Prep

- Cut tomato into 1/4-inch rounds.
- Peel, then cut half the onion into 1/8-inch rounds (whole onion for 4 ppl). Separate onion rounds into rings.
- Peel, pit, then cut avocado into ½-inch pieces.
- Stir together mayo and Dijon in a small bowl. (NOTE: This is your Dijonnaise.)



Make patties

- Combine pork, panko, 1/4 tsp salt and 1/4 tsp pepper (dbl both for 4 ppl) in a medium bowl. (TIP: If you prefer a firmer patty, add an egg to the mixture!)
- Form pork mixture into two 5-inch-wide patties (4 patties for 4 ppl).

If you've opted to add bacon, heat a large nonstick pan over medium heat. When hot, add **bacon**. Cook, flipping occasionally, until crispy, 5-7 min.** Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside. Carefully wipe the pan clean. Use the same pan to cook **patties** in step 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 cooked through, top with cheese. Cover and cook until cheese melts. 1 min.



Toss salad

- Meanwhile, whisk together vinegar, 2 tbsp oil and 1/4 tsp sugar (dbl both for 4 ppl) in a large bowl.
- Add avocado and arugula and spinach mix, then toss to coat.



Finish and serve

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

Top **patties** with **bacon** when you assemble plates.

Contact

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