



Carb Smart Loaded Bunless Pork Burgers with Arugula and Spinach

Carb Smart

30 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add bacon, simply follow the instructions on the back of this card and you're set. Happy cooking!

- Ground Pork
- Bacon
- Panko Breadcrumbs
- Arugula and Spinach Mix
- Roma Tomato
- Avocado
- Mayonnaise
- Dijon Mustard
- Dill Pickle, sliced
- Cheddar Cheese, shredded
- White Wine Vinegar
- Crispy Shallots
- Red Onion

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 Pork	250 g	500 g
Bacon	100 g	200 g
Panko Breadcrumbs	¼ 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	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Red Onion	56 g	113 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

- Cut **tomato** into ¼-inch rounds.
- Peel, then cut **half the onion** into ⅛-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.)



Toss salad

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



Make patties

- Combine **pork**, **panko**, **¼ tsp salt** and **¼ 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 non-stick 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.



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.



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.

Dinner Solved!