



Carb Smart Loaded Bunless Pork Burgers with Arugula and Spinach

Carb Smart

30 Minutes



Ground Pork



Panko Breadcrumbs



Arugula and Spinach Mix



Roma Tomato



Avocado



Mayonnaise



Dijon Mustard



Dill Pickle, sliced



Cheddar Cheese, shredded



White Wine Vinegar



Crispy Shallots



Worcestershire Sauce



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
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
Worcestershire Sauce	1 tbsp	2 tbsp
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



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 Dijonaise!)



Toss salad

While **patties** cook, 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**, **Worcestershire**, **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 4-inch wide burger patties** (4 patties for 4 ppl).



Finish and serve

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

Dinner Solved!



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.