

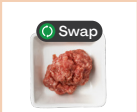


Carb Smart Tropical Beef Patties

with Roasted Sweet Potato and Avocado Salad

Smart Meal

25 Minutes



Ground Turkey
250 g | 500 g

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Sweet Potato
1 | 2



Panko Breadcrumbs
1/4 cup | 1/2 cup



Avocado
1 | 2



Spring Mix
56 g | 113 g



Chana Dal
28 g | 56 g



Ginger Sauce
2 tbsp | 4 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Jerk Spice Blend
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp

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.

1



Roast sweet potatoes

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

- Peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and ½ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

2



Prep

- Meanwhile, peel, pit, then cut **avocado** into ½-inch pieces. Season with **salt** and **pepper**.
- Combine **mayo**, ½ **tbsp** (1 **tbsp**) **ginger sauce** and 1 **tbsp** (2 **tbsp**) **water** in a small bowl. Season with **salt** and **pepper**. (**NOTE:** This is your creamy ginger sauce.)
- Add **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and 1 **tbsp** (2 **tbsp**) **oil** in a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your salad dressing.)

3



Form patties

- Add **Jerk Spice Blend**, **ground beef**, **half the panko** (use all for 4 ppl), 1 ½ **tbsp** (2 ½ **tbsp**) **ginger sauce**, and ¼ **tsp** (½ **tsp**) **salt** to a medium bowl. (**TIP:** If you prefer more tender patties, add an egg to mixture!)
- Form **beef mixture** into **four 3-inch-wide patties** (8 patties for 4 ppl).

4



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When hot, add **patties** to the dry pan. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.)
- Pan-fry until golden-brown and cooked through, 3-4 min per side.**
- Remove from heat.
- Transfer **patties** to a plate, then cover to keep warm.

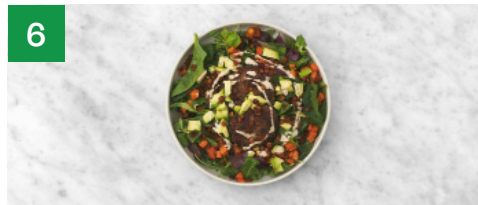
5



Make salad

- When **patties** are almost done, add **sweet potatoes** and **spring mix** to the large bowl with **dressing**, then toss to combine.

6



Finish and serve

- Divide **salad** and **patties** between plates.
- Top **salad** with **avocados** and **chana dal**.
- Drizzle **creamy ginger sauce** over **patties**.

3 | Form patties

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, but skip the tip to add an **egg** to the **mixture**.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.