



JAMAICAN BEEF PATTIES

with Apple Slaw

MAKE FIRST

FAMILY



HELLO

PUFF PASTRY

Chilled puff pastry dough is easier to work with, so keep it in the fridge until needed

PREP: 20 MIN | TOTAL: 35 MIN | CALORIES: 773



Ground Beef



Puff Pastry



Mild Curry Powder



Italian Breadcrumbs



Dried Thyme



Onion, chopped



Garlic



Ground Allspice



Coleslaw Cabbage Mix



Gala Apple



White Wine Vinegar



Mayonnaise



Green Onions

BUST OUT

- Large Bowl
- Measuring Spoons
- Medium Bowl
- Small Bowl
- Whisk
- Garlic Press
- Baking Sheet
- Sugar (2 tsp)
- Salt and Pepper

INGREDIENTS

4-person

- Ground Beef 500 g
- Puff Pastry 1,4 340 g
- Mild Curry Powder 🍛 4 tsp
- Italian Breadcrumbs 1 2 tbsp
- Dried Thyme 1 tsp
- Onion, chopped 113 g
- Garlic 20 g
- Ground Allspice ¼ tsp
- Coleslaw Cabbage Mix 227 g
- Gala Apple 2
- White Wine Vinegar 9 2 tbsp
- Mayonnaise 3 4 tbsp
- Green Onions 4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG



Preheat your oven to **425°F** (to bake the patties). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* On a parchment-lined baking sheet, unroll the **puff pastry dough**. Cut the dough in half lengthwise to make 2 long rectangles. Set aside. Mince or grate the **garlic**. In a small bowl, set aside **¼ tsp curry powder**.



4 BAKE PATTIES

Sprinkle the **reserved curry powder** over each **patty**. Bake in the centre of the oven until golden-brown, 28-30 min.



2 START PATTIES

In a large bowl, combine the **beef, onions, allspice, dried thyme, garlic, breadcrumbs** and **remaining curry powder**. Season with **salt and pepper**. Divide the **ground beef mixture** between the **2 pastry pieces**, spooning the mixture along the centre of each rectangle. (**TIP:** Leave a bit of room on each side of the long edges!)



5 MAKE SLAW

Meanwhile, thinly slice the **green onions**. Core and thinly slice the **apples**. In a medium bowl, whisk together the **mayo and vinegar**. Stir in the **coleslaw, 2 tsp sugar**, apple and green onions. Season with **salt and pepper**.



3 MAKE PATTIES

Working with **one pastry** at a time, fold one long side of the pastry over the filling, then fold the other side to overlap. Use your fingers to firmly pinch the seams closed. (They will look like long rolls.) Cut each roll into **4 patties**. (You will have 8 in total.)



6 FINISH AND SERVE

Divide the **patties and apple slaw** between plates.

YUMMY!

These flaky puffs are jam-packed with Caribbean flavours!