





# Sugar Shack Pork and Apple Burgers with Maple-Mustard Dressed Salad

Sugar Shack 25 Minutes

Customized Protein + 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](https://www.hellofresh.ca)



 Ground Beef 250 g   500 g	 Beyond Meat® 2   4
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 Ground Pork 250 g   500 g	 Artisan Bun 2   4
 Gala Apple 1   2	 Spring Mix 56 g   113 g
 Maple Syrup 2 tbsp   4 tbsp	 Panko Breadcrumbs ¼ cup   ½ cup
 Whole Grain Mustard 1 tbsp   2 tbsp	 White Cheddar Cheese, shredded ½ cup   1 cup
 Baby Tomatoes 113 g   227 g	 Mayonnaise 2 tbsp   4 tbsp
 Garlic Puree 1 tbsp   2 tbsp	 Almonds, sliced 28 g   56 g

**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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

1



## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Core, then cut **apple** into ½-inch wedges.
- Halve **tomatoes**.
- Stir **mayo** and **half the mustard** together in a small bowl. Set aside.

2



## Form patties

Swap | Ground Beef

Swap | Beyond Meat®

- Add **pork, garlic puree, panko** and **¼ tsp** (½ tsp) **salt** to a medium bowl. (**TIP:** If you prefer a more tender patty, add an egg to mixture!)
- Season with **pepper**, then combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).

3



## Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer **toasted almonds** to a plate.

4



## Caramelize apples

- Reheat the same pan over medium-high.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **apples**. Drizzle with **1 ½ tbsp** (3 tbsp) **maple syrup**.
- Cook, stirring often, until **apples** are golden brown and tender-crisp, 2-3 min per side.
- Transfer **caramelized apples** to a plate. Set aside.
- Carefully wipe the pan clean.

5



## Cook patties and toast buns

- Reheat the same pan over medium.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until cooked through, 4-5 min per side.\*\*
- Meanwhile, halve **buns**.
- Arrange on an unlined baking sheet, cut-side up. Sprinkle **cheese** over **bottom buns**.
- Broil **buns** in the **middle** of the oven until **cheese** melts, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



## Toss salad and serve

- Whisk together **remaining maple syrup, remaining mustard** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **spring mix, toasted almonds** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Spread **mustard mayo** on **top buns**.
- Stack **patties** and **caramelized apples** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **salad** between plates.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Form beef patties

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**\*\*.

## 2 | Form Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, skip the instructions to form **patties**. Save **panko** and **garlic puree** for another creation. Cook and plate it the same way the recipe instructs you to cook and plate the **pork**\*\*.

\*\* Cook pork, beef and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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