



## Fully Loaded Bunless Burger

with Guacamole & BBQ-Cheddar Crisps



20-30min



2 Servings

This keto-friendly burger is a thing of beauty—delivering the perfect balance of flavors and textures. We top a seared grass-fed beef burger with guacamole, tomatoes, a dollop of jalapeño sour cream. We replace the buns with lettuce leaves—and if that weren't enough, a side of BBQ-spiced cheddar-jack cheese crisps on the side add a delightful crunch. When we said fully loaded, we meant it!



## What we send

- 2 (2 oz) shredded cheddar-jack blend <sup>7</sup>
- ¼ oz BBQ spice blend
- 1 fresh jalapeño
- 1 plum tomato
- 1 romaine heart
- 2 (1 oz) sour cream <sup>7</sup>
- 10 oz pkg grass-fed ground beef
- 2 oz guacamole

## What you need

- apple cider vinegar (or red wine vinegar)
- kosher salt & ground pepper
- neutral oil

## Tools

- rimmed baking sheet
- medium skillet

## Cooking tip

Capsaicin is the heat source in peppers, and it's concentrated in the seeds and white pith. For less spice, halve the jalapeño pepper and discard the seeds before finely chopping.

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 56g, Carbs 14g, Proteins 45g



### 1. Prep BBQ-cheddar crisps

Preheat oven to 425°F with a rack in the center. On a rimmed baking sheet, toss **shredded cheddar-jack cheese** with **1 teaspoon BBQ spice blend** and spread to a 10-inch circle.



### 2. Bake BBQ-cheddar crisps

Bake **cheese** on center oven rack, rotating baking sheet 2-3 times for even cooking, until cheese is melted, lacy, and deeply golden, 8-10 minutes. Remove from oven.

Carefully loosen BBQ-cheddar crisps with a spatula and let cool (it will become very crisp as it cools). Break into large pieces (return any un-crisp cheese to the oven for 1-2 minutes longer, if necessary).



### 4. Make jalapeño sour cream

In a small bowl, stir to combine **all of the sour cream and chopped jalapeños** (or less, depending on heat preference), **½ teaspoon vinegar**, and **a pinch of salt**.



### 5. Shape & cook burgers

Shape **beef** into 2 (4-inch) patties and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over high heat. Add **burgers**, reduce heat to medium, and cook until medium-rare, turning once, about 5 minutes total (or longer for desired doneness).



### 3. Prep burger fixings

Meanwhile, very finely chop **1 tablespoon jalapeño**; thinly slice remaining jalapeño into rounds. Thinly slice **tomato** into rounds. Separate **4-6 lettuce leaves** from stem (save rest for own use).



### 6. Assemble & serve

Arrange **lettuce leaves** on plates. Top with **tomatoes**, **jalapeño sour cream**, **burgers**, and **guacamole**. Serve **BBQ-cheddar crisps** alongside with **remaining sliced jalapeños**, if desired. Enjoy!