

DINNERLY



Meat-Free Burger:

A handy add-on for a quick lunch or dinner!



ca. 20min



2 Servings

YOU get a burger and YOU get a burger and YOU get a burger! Everyone gets a burger! No, they don't come with a car...we're not Oprah. BUT, we are Dinnerly, and whether you consider yourself vegan, vegetarian, flexitarian, reducetarian, or just ravenous, we're here to make your burger dreams come true. Add the makings of a plant-based burger to your box and you're on your way! We've got you covered!

WHAT WE SEND

- 2 oz mayonnaise ^{3,6}
- 2 (¼ oz) pkt Dijon mustard ¹⁷
- ½ lb plant-based ground ^{1,6,15}
- 2 potato buns ¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- medium heavy skillet (preferably cast-iron)

ALLERGENS

Wheat (1), Egg (3), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

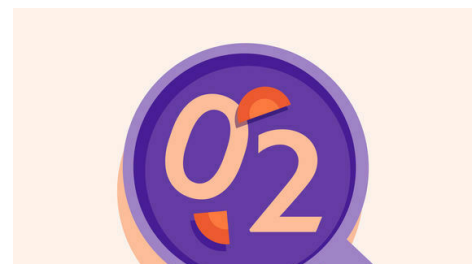
NUTRITION PER SERVING

Calories 600kcal, Fat 39g, Carbs 34g, Proteins 30g



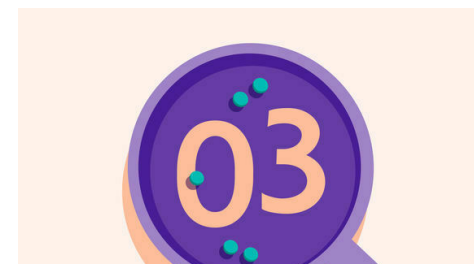
1. Make Dijonnaise

In a small bowl, stir together **mayo** and all of the **Dijon mustard**; season with **several grinds of pepper**.



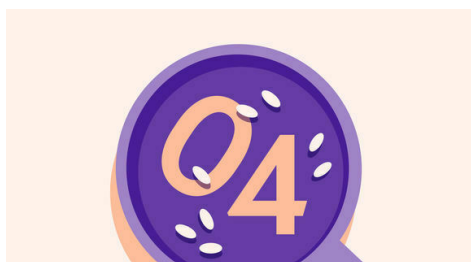
2. Form patties & toast buns

Form **plant-based ground meat** into 2 (4-inch) patties. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **buns**, cut side down, and heat until lightly browned and toasted, about 1 minute (watch closely).



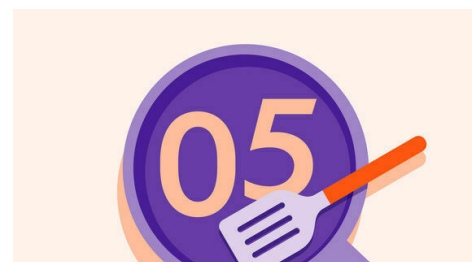
3. Cook plant-based burgers

Add **1 tablespoon oil** to same skillet. Add **plant-based burger patties** and cook until well browned and heated through, 3–4 minutes per side. Transfer **burgers** to **toasted buns** and top with some of the **Dijonnaise**.



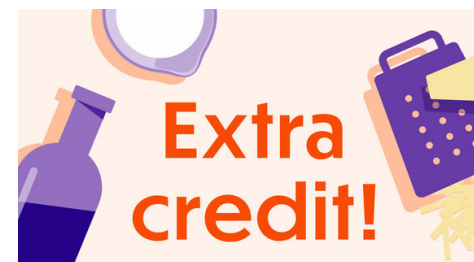
4. Make it loaded

You don't need *us* to tell *you* what to put on a burger. You know what you like, but here are some of our favorite combos: Caramelized onions & melted cheese (plant-based or not) Sautéed mushrooms & BBQ sauce Avocado & salsa (yeah that's right, both) Classic combo of lettuce, tomatoes, pickles



5. Side of whatever YOU want

If you're looking to turn these burgers into more of a meal, then add an easy side. Keep it light with a crisp green salad or tangy coleslaw made with a vinegar-based dressing. Or make dinner a true burger and fries throwdown with oven wedges or sweet potato fries.



6. Reducetarian? Say what?

Rather than cutting meat out of your diet completely, you simply reduce your intake of it. If you like meat with each meal, then maybe use 3 oz per portion instead of 6 oz. But then make up the difference by adding more veggies, beans and grains! Or you can just go veggie a few nights per week. Plant-based protein is a great way to reduce your meat intake, but still get the protein you need!