



Fo sku0850 web badge

Burgers and rice

with quick pickled cucumbers

 30-40min  2 Servings

These mini meatloaf burgers are bursting with savory goodness thanks to Worcestershire sauce and smoked paprika. Grated onion mixed in with the ground beef makes for moist and juicy patties. Our favorite part? When the rice soaks up the meat, still sizzling from the pan. Dijon mustard mixed in with ketchup makes for a sweet sauce with a little bite. Cook, relax and enjoy!

What we send

- jasmine rice
- rice wine vinegar
- ketchup
- Dijon mustard ¹⁷
- fresh parsley
- yellow onion
- ground beef
- smoked paprika
- English cucumbers

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 18g, Carbs 49g, Proteins 46g



1. Cook rice

Rinse rice in a fine-mesh sieve until water runs clear. Combine rice, a pinch of salt and 1½ cups water in a small saucepan. Bring to a boil, reduce heat to low and cover. Cook until water is absorbed and rice is tender, 20 minutes. Set aside, covered, 5 minutes, then fluff with a fork.



2. Prep ingredients

Remove parsley leaves from stems and chop leaves. Cut onion in half. Remove peel then grate on a box grater.



3. Mix burgers

Combine ground beef, panko, Worcestershire, 1 packet (1¼ teaspoons) Dijon, smoked paprika, grated onion, ¾ of the chopped parsley, 1 teaspoon salt and 1 egg in a bowl. Mix well and season with pepper.



4. Form burgers

Divide meat mixture into 4 equal portions. Form into flat, 4-inch burger patties.



5. Make cucumber salad

Peel cucumber then slice lengthwise into spears. Cut spears in half or thirds if long. Toss with vinegar, a pinch of sugar and salt and the remaining parsley. Mix together ketchup and remaining Dijon.



6. Cook burgers

Heat 1 tablespoon oil in a large skillet over medium-high. Add burgers and brown well on both sides until just cooked through, about 2-3 minutes a side. Remove from pan and top with ketchup-Dijon sauce. Serve burgers over rice with cucumber salad alongside. Enjoy!