



Fully Loaded Guac Burger

with BBQ-Cheddar Crisps



20-30min



4 Servings

This keto friendly burger is a thing of beauty—delivering the perfect balance of flavors and textures. A seared grass-fed beef burger is topped with guacamole, juicy plum tomatoes, a dollop of jalapeño sour cream, then wrapped in crunchy romaine leaves—if that wasn't enough, there are BBQ-spiced cheddar cheese crisp on the side. When we said fully loaded, we meant it!

What we send

- plum tomatoes
- romaine heart
- barbecue spice
- sharp cheddar cheese
- fresh jalapeño
- grass-fed ground beef
- sour cream
- guacamole

What you need

- apple cider vinegar
- kosher salt & ground pepper

Tools

- skillet
- rimmed baking sheet

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 50g, Carbs 6g, Proteins 42g



1. Prep BBQ-cheddar crisps

Preheat oven to 425°F with a rack in the center position. On a rimmed baking sheet, toss **cheddar** with **2 teaspoons of the BBQ spice blend** and spread to a thin, even layer.



2. Bake BBQ-cheddar crisps

Bake **cheese** on center oven rack, turning the baking sheet 2-3 times for even cooking, until the cheese is melted, lacy, and deeply golden, 8-10 minutes. Carefully loosen the cheese 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).



3. Prep burger fixings

Meanwhile, very finely chop **1 tablespoon jalapeño** and thinly slice the rest into rounds. Thinly slice **tomato** into rounds. Separate **lettuce leaves**.



4. Make jalapeño sour cream

In a small bowl, stir together **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 four (4-inch) patties and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a large 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 temperature).



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!