

# Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

## Make The Meal Your Own

If you want to make it a **Carb Conscious Choice**, and reduce the **carbs per serving to 6g**, follow the instructions for the Lightened-Up preparation below.

## Good To Know

**Be sure to generously season your steak** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

**Health snapshot per serving** – 700 Calories, 45g Protein, 46g Fat, 26g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 570 Calories, 42g Fat, 6g Carbs, 12 Freestyle Points by skipping the bun and using half of the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top, layering some peanut sauce on the burger and finishing with the omelet on top.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

INGREDIENTS: Angus Beef Burger, Bun, Bok Choy, Daikon Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

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### 1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

### 2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl.

When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

*If you have a meat thermometer, use it to achieve desired doneness for the burger.*

### 3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

*Medium Rare: 125  
Medium: 135  
Medium-Well: 145  
Well Done: 160*

### 4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown. Repeat for each roll.

### 5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**