



It's burger time!

Get your burger on with the July Epic Box!

From classic beef patties to meatball sliders to hoagie sammies, we've got you covered. Just add a bun! Sizzle, stack, and satisfy those burger cravings in a bunch of exciting, new ways.

E P I C U R E TM

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Hot Chicken Meatball Sliders



Total Time
20 min



Makes
6 servings



Cost per serving
\$3.04 (CA) | \$2.58 (US)

Throw these meatballs in the air fryer for crispy perfection (or bake them in the oven, if you're rocking the OG kitchen vibes). The gluten-free breading in the seasoning helps keep these meatballs nice and juicy on the inside. Add some crunchy slaw, your go-to sauce—marinara for that tangy kick, or BBQ for smoky goodness—and you can't go wrong!

INGREDIENTS

- 1 pkg **Nashville Hot Chicken Sandwich Seasoning**
- 1 lb (450 g) ground chicken or turkey
- 12 slider buns
- 1 cup **Marinara Sauce**, warmed, or BBQ sauce
- 1 cup shredded coleslaw mix
- ½ cup shredded mozzarella

INSTRUCTIONS

- 1.** Preheat air fryer or oven to 400° F.
- 2.** In a large bowl, combine seasoning with chicken. Using your hands or a large spoon, mix until well combined. Form into 18 meatballs, a scant 2 tablespoon each.

- 3.** Lightly brush air fryer with oil. Add meatballs; air fry 10 min, or until cooked through, shaking the basket halfway through. Or, arrange meatballs on **Sheet Pan** lined with **Sheet Pan Liner**. Bake in the oven 15 min, or until cooked.
- 4.** Meanwhile, without separating rolls, slice entire package of buns in half, lengthwise, to form a top and a bottom sheet of bun halves. If desired, place both, cut sides up, on Sheet Pan; bake 5 min in preheated 400° F oven on pan to toast.
- 5.** Slice meatballs in half. Divide half of the sauce between bottom sheet of buns, add coleslaw mix, and top with three meatball halves per bun, then pour over the remaining sauce. Sprinkle on cheese. Cover with top sheet of buns.
- 6.** Slice along sides of each bun to portion into individual sliders, or serve on a tray to be pulled apart.

Perfectly Balance Your Plate: Serve with 2 cups of leafy greens and 1 tablespoon of Epicure Dressing.

Per serving (2 sliders): Calories 380, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 105 mg, Sodium 550 mg, Carbohydrate 43 g (Fibre 2 g, Sugars 14 g), Protein 23 g.



[Click for the Spicy Cauliflower Bites recipe](#)

Nashville Hot Chicken Sandwich Seasoning



- A gluten free, crispy & crunchy coating that bakes perfectly golden, fiery chicken. Make better-than-takeout sandwiches and tenders, or coat seafood and tofu for delicious appies or nourish bowls.
- Make a spicy “McChicken” type sandwich at home that is a healthier alternative than fast food or any other frozen/deep-fried chicken strips.
- Spice level: High.
- Use the blend to coat meat, veggies, or seafood.
- Goes from raw to ready in 25 minutes.
- The on-pack recipe only requires 1 tbsp oil for chicken strips—healthier than fast food options or frozen chicken strips!
- The blend is enough to coat 1 lb chicken strips. About 4 servings.



Classic Beef Sliders



Total Time
10 min



Makes
12 servings



Cost per serving
\$3.11 (CA) | \$2.64 (US)

Slide on in to flavour town with this party-approved appy. It's great for grown-ups, kids, and kids at heart. We love that all the hard work is done in the slow cooker and can be prepped (and frozen) well before the party starts.

INGREDIENTS

- 1 recipe prepared **Beef Dip**, about 5 cups
- 12 slider buns
- 1 cup prepared **Roasted Garlic Aioli**, **Chipotle Aioli**, or **Creamy Ranch Dip**

INSTRUCTIONS

- 1.** Preheat oven to 400° F.
- 2.** Without separating rolls, slice entire package of buns in half, lengthwise, to form a top and a bottom sheet of bun halves. Place both, cut sides up, on **Sheet Pan**. Bake 5 min, or until slightly toasted.
- 3.** Spread aioli on top and bottom buns; top bottom sheet with warm, shredded beef. Cover with top sheet.
- 4.** Slice along sides of each bun to portion into individual sliders, or serve on a tray to be pulled apart.

Perfectly Balance Your Plate: Serve with 2 cups chopped veggies.

Per serving (2 sliders): Calories 410, Fat 25 g (Saturated 7 g, Trans 0.3 g), Cholesterol 85 mg, Sodium 490 mg, Carbohydrate 19 g (Fibre 1 g, Sugars 6 g), Protein 26 g.



[Click for the Bistro Burgers recipe](#)

Beef Dip Seasoning



- A gastro-pub fave, it's now easy – and so darn tasty – to make Beef Dip at home.
- With soft, subtle notes of mushrooms, garlic, rosemary, and thyme, stack this melt-in-your-mouth beef on top of crusty baguettes topped with Roasted Garlic Aioli and serve on busy weeknights and weekends at home, or feed a crowd on game day.
- Only three ingredients are required: Beef Dip Seasoning, water, and beef – so easy!
- Makes a big batch – great for freezer meals. Meal prep Sunday: set and forget in a slow cooker or Instant Pot™.
- Make a roast. Stir in tomato paste and a bag of baby carrots and baby potatoes.
- Use dry blend as bouillon to make minestrone or onion soup or add it to gravy.
- Blend into burgers, meatloaf, meatballs, or any recipe that calls for ground meat.
- Makes a great all-purpose roast seasoning.



Cheese-Stuffed Burger



Total Time
15 min



Makes
4 servings



Cost per serving
\$3.15 (CA) | \$2.49 (US)

Say cheese! Bite into this ooey gooey, juicy patty and you'll see why burgers are our favourite food group. Perfect for any occasion, from backyard BBQ's to birthday parties to game day celebrations. Customize your toppings to please any picky eaters.

INGREDIENTS

- 1 lb (450 g) lean ground turkey, chicken, pork or beef
- 1–2 tbsp **Burger Seasoning**
- 2 tbsp **Honey Mustard**
- 1–2 tbsp **3 Onion Dip Mix** or finely diced onion
- ¼ cup (2 oz) mozzarella or cheddar cheese, cut in 4 cubes
- 1 cup shredded mixed greens
- 1 tomato, sliced
- ½ cup **Big Burger Sauce** or BBQ sauce
- 4 burger buns

INSTRUCTIONS

- 1.** In a large bowl, combine ground meat, seasoning, mustard, and dip mix.
- 2.** Using $\frac{2}{3}$ of the meat mixture, form 4 patties using the **3-in-1 Burger Press**. Then use the press to indent each burger patty in the middle. Place cheese cube in the centre of each patty and cover with remaining meat mixture.
- 3.** Cook for 7–8 minutes on greased grill over medium-high heat or in a **Sauté Pan** with lid closed, flipping once, or until cooked through and an instant read thermometer indicates a Food Safe internal temperature of 175° F (80° C).
- 4.** Top each bottom half of the buns with ¼ cup greens, followed by a burger patty and a tomato slice. Spread burger sauce evenly over remaining four bun halves, and place on top to enclose. Serve immediately.

Perfectly Balance Your Plate: Serve with 1 cup veggies and 2 tablespoons of your fave dip.

Per serving: Calories 380, Fat 13 g (Saturated 6 g, Trans 0 g), Cholesterol 65 mg, Sodium 660 mg, Carbohydrate 34 g (Fibre 0 g, Sugars 12 g), Protein 39 g.



[Click for the Cheeseburger Tostadas recipe](#)

Burger Seasoning



- Level up with one simple seasoning that's packed with the robust flavours of onion, garlic, and red bell pepper, and a mild paprika kick. Just combine the seasoning with ground beef, chicken, pork, or turkey for mouth-watering burgers every single time.
- One jar seasons 24 burgers
- Use it with the **3-in-1 Burger Press** for perfectly sized burgers.



Pulled Butter Chicken Sandwich



Total Time
20 min



Makes
4 servings



Cost per serving
\$4.28 (CA) | \$3.64 (US)

INGREDIENTS

- 1 pkg **Butter Chicken Seasoning**
- ½ can (14 oz/398 ml) coconut milk
- ½ can (5.5 oz/156 ml) tomato paste
- 1 tbsp unsalted butter, melted
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
- ½ bunch fresh cilantro
- ½ cup plain 2% Greek yogurt
- ½ tbsp lemon juice
- Sea salt & black pepper, to taste
- 4 wholegrain burger buns, toasted

INSTRUCTIONS

- 1.** In **Multipurpose** or **Round Steamer**, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
- 2.** Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
- 3.** Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
- 4.** Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

Perfectly Balance Your Plate: Serve with 1 cup veggies on the side (or in your sandwich!).

TIP Canned coconut milk has a thick layer on top—make sure to stir well prior to measuring out half the can for the recipe.

Per serving: Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.



[Click for the Butter Chicken Burger recipe](#)

Butter Chicken Seasoning



- There's something so enjoyable about a big plate of Butter Chicken with warm naan or rice on the side! Our version is quicker than takeout, ready in just 20 minutes in your **Round Steamer**, and more affordable. Each serving is around \$2, and the recipe serves eight—great for a weekend family get-together.
- A creamy, fragrant, and luxurious coconut milk and tomato-based curry with notes of cardamom, fennel, and coriander.
- Make it vegan. Use chickpeas or tofu.
- Use leftovers for tasty wraps, pizza, pasta, quesadillas, or fried rice.



Sweet 'n Garlicky Bacon Burgers



Total Time
20 min



Makes
6 servings



Cost per serving
\$3.07 (CA) | \$2.61 (US)

Friends, this burger is all about that perfect sweet and savoury combo: crispy, candied bacon; quick, caramelized onions; and a beef patty that's got a hint of garlicky sweetness. Top it off with your crunchiest, freshest faves such as iceberg lettuce, tangy pickles, crunchy coleslaw, or juicy tomatoes.

INGREDIENTS

- 1½ lbs (675 g) lean ground beef
- 1 pkg **Honey Garlic Meatball Seasoning**, divided
- 1 yellow onion
- 4 slices low-sodium bacon
- 6 burger buns

Toppings (optional): **Sweet & Spicy Mustard**, lettuce, sliced tomato, pickles, cheddar cheese slices.

INSTRUCTIONS

- 1.** Preheat grill to medium-high heat. Lightly brush with oil to prevent sticking.
- 2.** In a bowl, combine beef and 3 tbsp seasoning. Using a fork or your hands, mix until well blended. Form into 6 patties.

3. Grill, with lid closed, 5–6 min per side, or until cooked through.

4. Meanwhile, peel onion and slice into rounds. Place in **Multipurpose Steamer**. Add half the remaining seasoning and stir to combine. Cover; microwave on high 5 min.

5. Place remaining seasoning in a shallow dish. Cut bacon slices in half. Using tongs or your hands, add bacon to dish one piece at a time, rotating and pressing to coat.

6. Arrange bacon over Multipurpose Tray. Once onions have cooked 5 min, stir and then place tray with bacon overtop. Cover; microwave on high 5–7 min, or until bacon is cooked to your liking. Onions should be soft and caramelized.

7. Tuck burgers into buns with bacon, onions, and additional toppings, if desired.

Perfectly Balance Your Plate: Serve with 1 cup sliced veggies.

TIP To prepare burger patties on the stovetop, simply heat 1 tsp oil in a large, non-stick frying pan over medium-high heat. Cook patties 3–4 min per side, or until cooked through.

Per serving: Calories 470, Fat 20 g (Saturated 5 g, Trans 0.5 g), Cholesterol 65 mg, Sodium 590 mg, Carbohydrate 42 g (Fibre 2 g, Sugars 14 g), Protein 25 g.



[Click for the Honey Garlic Shrimp Broccoli recipe](#)

Honey Garlic Meatball Seasoning



- Who doesn't love a saucy meatball!? This protein-packed, family-friendly meal comes together in just 15 minutes with simple pantry ingredients.
- One pack makes up to 16 meatballs and serves 4 for only \$2.25 a serving!
- You only need 3 ingredients—ground beef, honey, and water!
- Go beyond meatballs—try it on chicken wings, salmon, and shrimp. Also tastes great as a sauce for stir-fries.



Philly Cheesesteak Burgers



Total Time
15 min



Makes
4 servings



Cost per serving
\$4.38 (CA) | \$3.72 (US)

Sometimes, your favourite sandwich deserves a burger cameo! This recipe brings the iconic Philly vibes straight to your grill. We're talking juicy burger patties, ooey gooey cheese, and a whole lotta tender veggies. Don't be afraid to really load 'em up. Like eating any good cheesesteak, things should get a little messy!

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Philly-Style Cheesesteak Seasoning**
- 4 slices provolone cheese
- 1 bell pepper
- ½ yellow onion
- Salt and pepper, to taste
- 4 burger buns

INSTRUCTIONS

- 1.** Preheat grill to medium-high heat. Lightly brush with oil to prevent sticking.
- 2.** In a bowl, combine beef and seasoning. Using a fork or your hands, mix until well blended. Form into 4 patties.
- 3.** Grill, with lid closed, 5–6 min per side, or until cooked through. During the last min of cooking, add a cheese slice to each patty.
- 4.** Meanwhile, thinly slice pepper and onion. Season with salt and pepper.
- 5.** Using a grill basket, cook sliced pepper and onion 3–4 min, or until tender and slightly browned, stirring frequently.
- 6.** Tuck burgers into buns with veggies.

Perfectly Balance Your Plate: Serve with 1 cup sliced veggies.

TIP No grill basket? Cook your veggies on the stovetop. Simply sauté them with 2 tsp oil over medium-high heat in **Wok** or a non-stick frying pan, stirring often. Cover with lid to help the veggies soften faster.

Per serving: Calories 480, Fat 21 g (Saturated 10 g, Trans 0.5 g), Cholesterol 80 mg, Sodium 560 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 7 g), Protein 31 g.



[Click for the Sloppy Joe Sweet Potatoes recipe](#)

Philly-Style Cheesesteak Seasoning



- An American classic that everyone can make at home in minutes! Bust out your trusty **Sheet Pan** to roast peppers, mushrooms, and beef with the flavour of garlic and smoked paprika. Layer the mixture on lightly toasted hoagie buns and top with cheese – perfect for a simple weeknight meal or to feed a crowd on game day.
- Make with beef strips or swap in lean ground beef.
- 1 pkg makes 6 hoagies (aka sub rolls).
- Think outside the bun! Use filling to stuff peppers or toss over mashed potatoes or egg noodles. Also makes a great breakfast hash with leftover fried potatoes.



Pulled Jackfruit Sandwiches



Total Time
20 min



Makes
8 servings



Cost per serving
\$2.91 (CA) | \$2.47 (US)

Jackfruit is the plant kingdom's answer to pulled pork or chicken, with a meaty texture that's ideal for soaking up all those smoky, spicy and saucy flavours we're about to throw its way. They're great for meat eaters and veg heads alike. But it's a bit spicy; use a little less seasoning, if you prefer it mild.

INGREDIENTS

- 3 cans (14 oz/398 ml each) jackfruit in brine, drained & rinsed
- 1 tbsp oil
- 1 pkg **Pulled Pork Seasoning**
- 1 cup ketchup
- ½ cup vinegar
- ½ cup each brown sugar and water
- 8 burger buns, split and toasted

INSTRUCTIONS

- 1.** In **Sauté Pan**, heat oil over medium-high heat. Add jackfruit. Stir occasionally until slightly softened, about 4 min.
- 2.** Add seasoning, ketchup, vinegar, brown sugar, and water to pan. Stir to combine.
- 3.** Cover and simmer on low 7 min, stirring occasionally. Jackfruit should be soft enough to break apart.
- 4.** Remove from heat; mash jackfruit. It will shred and resemble pulled chicken
- 5.** Divide mashed jackfruit between buns.

Perfectly Balance Your Plate: Serve with 1 cup coleslaw (try it in the sandwich!) and 1 cup lean protein of choice, such as baked beans or egg salad.

TIPS Find canned jackfruit in the canned fruit aisle of the grocery store. Make sure to purchase in brine (not syrup!).

Jackfruit is a popular, plant-based alternative to making pulled chicken or pork! Make sure to serve this alongside a protein of choice; while delicious, jackfruit is not a significant source of protein.

Per serving (1 sandwich): Calories 310, Fat 4 g (Saturated 0.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 540 mg, Carbohydrate 64 g (Fibre 3 g, Sugars 17 g), Protein 6 g.



[Click for the Smoky Spicy Chicken recipe](#)

Pulled Pork Seasoning



- This seasoning is a shortcut to the south when you're in the mood for some BBQ! Grab a slow cooker and let the pork slowly infuse with notes of deep, sweet 'n tangy barbecue and a hint of smokiness.
- The on-pack recipe is easy, uncomplicated and uses pantry staples like ketchup, brown sugar, vinegar, and water.
- Set and forget it in a slow cooker for 3 hours. Pull meat into shreds; stir back into the sauce.
- Serve on crusty rolls with coleslaw.
- Spoon over fries, Caesar salad, or use it as a pizza topper.
- Use for tacos, nachos or quesadillas.
- Don't like pork? Swap in boneless skinless chicken pieces – breast or thighs.
- Go meatless and use canned jackfruit or lentils.
- 1 pkg makes 20 servings. Portion and freeze leftovers for up to 3 months.

**EPIC
BOX**

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