






Cooking Made Easy

HelloFresh.co.uk

Enjoy within 4 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

Protein-Packed Turkey and Feta Burgers with Skin-On Chips

Did you know turkeys were on the verge of extinction in the 1930s? There were only 30,000 left in the world! This was a result of overhunting as well as the fact that decreasing forest areas meant turkeys didn't have anywhere to live. Conservation programmes saved them from extinction and today there are more than 7 million turkeys around the globe. Which is lucky as this turkey burger is too good to miss!



30 min



family box



Potato (2)



Thyme (6 sprigs)



Feta Cheese (1 block)



Turkey Mince (400g)



Brioche Bun (4)



Rocket (2 bags)

Ingredients

	2P	4P
Potato, sliced	-	3
Thyme	-	6 sprigs
Feta Cheese 1	-	1 block
Turkey Mince	-	500g
Brioche Bun 1, 2, 3, 4	-	4
Rocket	-	2 bags
Balsamic Vinegar	-	1 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Gluten

3) Egg | 4) Soya

Nutrition per serving: Calories: 702 kcal | Protein: 30 g | Carbs: 66 g | Fat: 33 g | Saturated Fat: 13 g



1 Pre-heat your oven to 200 degrees. Slice the potatoes in half lengthways and then slice each half lengthways again into around five thin wedges each. Toss them in a couple of teaspoons of olive oil and a pinch of salt and pepper. Place on a baking tray and cook on the top shelf of the oven for around 25 mins, or until golden and cooked through.

each side, turning only once. **Tip:** If your hob is very hot and the burgers are browning off too quickly then turn the heat down to medium.



2 LH: Run your fingers from the top to the bottom of each thyme stalk to strip off the leaves. Crumble the feta into a mixing bowl using your fingers, then add the thyme and turkey mince with a pinch of salt and a few good grinds of black pepper.

5 Once the burgers are cooked through (i.e. there is no pink meat left in the middle) take them out of the pan and leave them to rest for a few mins.



3 LH: Mix everything together with your hands and then form the meat into four equal sized burger patties. **Tip:** Always be sure to wash your hands thoroughly after handling raw meat.

6 Slice your brioche buns in half, wipe the frying pan you used for the burgers with some kitchen roll and toast the buns in the frying pan on medium-high heat whilst the burgers rest. **Tip:** Make sure you keep watching them, don't let them burn!



4 When the potatoes are 10 mins from ready heat 1 tbsp of olive oil in a non-stick frying pan on medium-high heat. Once the oil is hot gently place the burgers in the pan and cook them for 5 mins on

7 LH: Drizzle the balsamic vinegar over the rocket together with 1 tbsp of olive oil and some salt and pepper. Serve everything straight away.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!