



Cal Smart Tzatziki-Feta Turkey Burgers

with Fresh Garden Salad

Calorie Smart

Quick

25 Minutes



Ground Turkey



Chicken Stock Powder



Italian Breadcrumbs



Artisan Bun



Tzatziki



Feta Cheese, crumbled



Baby Spinach



Mini Cucumber



Roma Tomato



Lemon

HELLO TZATZIKI

A yogurt-based sauce found in cuisines ranging from Southeast Europe to the Middle East!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Ground Turkey | 250 g | 500 g |
| Chicken Stock Powder | 1 tbsp | 2 tbsp |
| Italian Breadcrumbs | ¼ cup | ½ cup |
| Artisan Bun | 2 | 4 |
| Tzatziki | 28 ml | 56 ml |
| Feta Cheese, crumbled | ¼ cup | ½ cup |
| Baby Spinach | 56 g | 113 g |
| Mini Cucumber | 132 g | 264 g |
| Roma Tomato | 80 g | 160 g |
| Lemon | ½ | 1 |
| Sugar* | ¼ tsp | ¼ tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep patties

- Heat a large non-stick pan over medium heat.
- While the pan heats, zest **lemon**.
- Add **turkey, lemon zest, stock powder** and **breadcrumbs** to a medium bowl. Season with **pepper**, then combine.



Make vinaigrette and tzatziki-feta spread

- Add **½ tbsp** (1 tbsp) **lemon juice**, **¼ tsp** (**¼ tsp**) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. Set aside.
- Combine **half the feta** and **half the tzatziki** (use all for 4 ppl) in a small bowl. Season with **pepper**, to taste, then stir to combine.



Pan-fry patties

- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal!)
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until **patties** are golden-brown and cooked through, 5-6 min per side.**



Toast buns

- When **patties** are almost done, arrange **buns** directly on the **top** rack of the oven, cut-sides up.
- Broil **buns** in the **top** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)



Finish prep

- Meanwhile, juice **half the lemon** (whole lemon for 4 ppl).
- Halve **1 cucumber** (2 cucumbers for 4 ppl) crosswise, then thinly slice lengthwise. Cut **remaining cucumber** into ¼-inch rounds.
- Cut **tomato** into ½-inch pieces.



Finish and serve

- Add **cucumber rounds, tomato** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Stack **patties** on **bottom buns**, spread **tzatziki-feta** over **patties**, then arrange **cucumber slices** over top. Season **cucumbers** with a **pinch of salt** and **pepper**, then close with **top buns**.
- Divide **burgers** and **salad** between plates.
- Sprinkle **remaining feta** over **salad**.

Dinner Solved!