



More than Food

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Za'atar Pita Burgers

with Zucchini Fries and Dill Tzatziki

Za'atar, a Middle Eastern spice blend composed of sumac, sesame, thyme, and a variety of other dried herbs, infuses these burgers with a unique, almost woody aroma. A mixture of yogurt, dill, lemon, and cucumber makes for a bright, tangy tzatziki sauce. It's the perfect condiment for crispy oven-baked zucchini fries.



Prep
30 min



level 2



nut
free



Ground Beef



Cucumber



Zucchini



Lemon



Garlic



Dill



Sheep Yogurt



Pita



Za'atar Spice



Panko

Ingredients

	2 People	4 People
Ground Beef	1 pkg	2 pkgs
Cucumber	1	2
Zucchini, sticks	1 pkg	2 pkgs
Lemon	1	2
Garlic	2 cloves	4 cloves
Dill	1 pkg	2 pkgs
Sheep Yogurt	1)	2
Pita	2)	2
Panko	2)	2 pkg
Za'atar Spice	3)	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/ Blé
- 3) Sesame/Sésame

Tools

Baking Sheet, Large Pan, Medium Bowl, 2 Small Bowls, Zester, Peeler

Nutrition per person Calories: 536 cal | Carbs: 39 g | Fat: 28 g | Protein: 37 g | Fiber: 6 g | Sodium: 258 mg

Produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

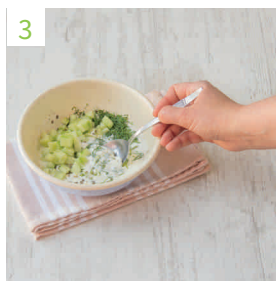
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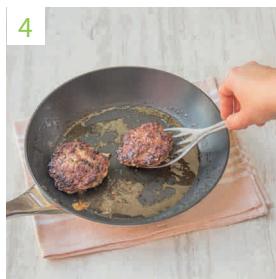
1 Make the zucchini fries: Preheat oven to 450°F. **Wash and dry all produce.** Pour the **panko** in a small bowl with a large pinch of **salt** and **pepper**. Toss the **zucchini** on a parchment-lined baking sheet with a drizzle of **oil**. Coat each stick evenly in the **panko**, pressing to adhere, and return to the baking sheet. Place baking sheet in the oven for 12-15 minutes, until golden brown and crispy.



2 Meanwhile, peel the **cucumber**, then halve lengthwise. Scoop out the seeds with a spoon, then dice **one half**. Thinly slice the **remaining half** into half moons. Roughly chop **2 tbsp dill**. Zest and halve the **lemon**. Mince or grate the **garlic**.



3 Make the dill tzatziki: In a small bowl, mix together the **yogurt**, **lemon zest**, a squeeze of **lemon juice**, **1/3 cup diced cucumber** (or **3/3 cup** for 4 people), **half the za'atar**, **half the chopped dill**, and **half the garlic**. Season with **salt** and **pepper**. (**USE IT UP:** Stir the remaining diced cucumber into a glass of ice water for a refreshing drink!)



4 Make the burgers: In a medium bowl, mix together the **ground beef**, **remaining garlic** and **remaining za'atar**. Season with **salt** and **pepper**. Form mixture into **2 patties**, each about 1/2-inch thick (or **4** for 4 people). Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the patties to the pan and cook 3-5 minutes per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)

5 Toast the pita: Meanwhile, slice the **pita** in half and place in the oven to toast for 1-2 minutes or until just golden.

6 Assemble: Stuff the **pit**as with the **burgers**, **sliced cucumber**, **remaining dill**, and some **dill tzatziki**. Serve the **burgers** alongside the **zucchini fries**, with the remaining **dill tzatziki** for dipping. Enjoy!

GRILLING TIP: Instead of pan-frying, BBQ burgers on medium heat, with lid closed, 4 to 6 min per side, until cooked to temperature above.