



Smart Merguez-Inspired Beef Patties







with Lemony Mayo and Feta Side Salad

Smart Meal 30 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca



	
	
Ground Turkey 250 g 500 g	Beyond Meat® 2 4
	
Ground Beef 250 g 500 g	Zesty Garlic Blend 1 tbsp 2 tbsp
	
Smoked Paprika-Garlic Blend 1 tbsp 2 tbsp	Italian Breadcrumbs 4 tbsp 8 tbsp
	
Lemon 1 2	Baby Tomatoes 113 g 227 g
	
Sweet Bell Pepper 1 2	Baby Spinach 56 g 113 g
	
Feta Cheese, crumbled ½ cup 1 cup	Mayonnaise 2 tbsp 4 tbsp

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.

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, small bowl, whisk, zester

1



Form patties

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Swap | Ground Turkey

Swap | Beyond Meat®

- Add **breadcrumbs, Smoked Paprika-Garlic Blend, two-thirds of the Zesty Garlic Blend** and **half the feta** to a medium bowl. (**TIP:** If you prefer more tender patties, add an egg to mixture.) Reserve **remaining feta** to serve in step 6.
- Crumble in **beef**, then combine.
- Form **mixture** into **two (four) 4-inch-wide patties**.

4



Continue prep and make lemony mayo

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Halve **tomatoes**.
- Add **mayo, lemon zest** and **½ tsp (1 tsp) lemon juice** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

2



Sear patties and season peppers

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil**, then **patties**. (**NOTE:** For 4 ppl, cook patties in 2 batches, using ½ tbsp oil per batch.)
- Pan-fry until golden-brown, 2-3 min per side.
- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Add **peppers, remaining Zesty Garlic Blend** and **½ tbsp (1 tbsp) oil** to one side of a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Set aside.

3



Cook patties and peppers

- Transfer **seared patties** to the other side of the baking sheet with **peppers**.
- Roast in the **middle** of the oven until **peppers** are tender and **patties** are cooked through, 10-12 min.**

5



Make salad

- Add **2 tsp (4 tsp) lemon juice** and **½ tbsp (1 tbsp) oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add a pinch of sugar to dressing, if desired.)
- Add **tomatoes** and **spinach**, then toss to combine.

6



Finish and serve

- Divide **patties, peppers** and **salad** between plates.
- Sprinkle **remaining feta** over **salad**.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **lemony mayo** alongside for dipping.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Form patties

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

1 | Form Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prepare, cook and plate it in the same way the recipe instructs you to prepare, cook and plate the **beef**** Disregard tip to add an egg to the mixture.

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