










Mediterranean Turkey Burgers

with Yogurt Sauce











25 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g 500 g	Beyond Meat® 2 4	Ground Turkey 500 g 1000 g

 Customized Protein  Add  Swap or  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](https://www.hellofresh.ca) 



	
Ground Turkey 250 g 500 g	Artisan Bun 2 4
	
Mediterranean Spice Blend 1 tbsp 2 tbsp	Yogurt Sauce 3 tbsp 6 tbsp
	
Tomato 1 2	Spring Mix 28 g 56 g
	
Italian Breadcrumbs 2 tbsp 4 tbsp	Roasted Pepper Pesto 1/4 cup 1/2 cup
	
Russet Potato 2 4	Zesty Garlic Blend 1 tbsp 2 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 non-stick pan, measuring spoons, medium bowl, parchment paper

1



Prep and roast potato coins

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

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **Zesty Garlic Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min. (NOTE: For 4 ppl, roast in the middle and the bottom of the oven, rotating sheets halfway through.)

4



Toast buns

- Meanwhile, halve **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (TIP: Keep an eye on buns so they don't burn!)

2



Form patties

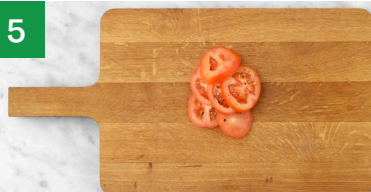
Swap | **Ground Beef**

Swap | **Beyond Meat®**

*2 Double | **Ground Turkey**

- Meanwhile, add **turkey**, **breadcrumbs** and **Mediterranean Spice Blend** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **two** (four) **4-inch-wide patties**. (NOTE: Your mixture may look wet; this is normal!)

5



Prep tomato

- Meanwhile, cut **tomato** into ¼-inch rounds. Season with **salt** and **pepper**.

3



Cook patties

Swap | **Beyond Meat®**

*2 Double | **Ground Turkey**

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **patties**. Pan-fry until **patties** are cooked through, 5-6 min per side.**

6



Finish and serve

- Spread **roasted pepper pesto** on **top** and **bottom buns**. Stack **bottom buns** with **tomatoes**, **patties** and **spring mix**. Close with **top buns**.
- Divide **burgers** and **potato coins** between plates.
- Serve **yogurt sauce** alongside for dipping.

Measurements
within steps

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

2 | Form patties

Swap | **Ground Beef**

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

2 | Form patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. (NOTE: Save breadcrumbs and Mediterranean Spice Blend for another use.)

2 | Form patties

*2 Double | **Ground Turkey**

If you've opted for **double turkey**, use a large bowl instead of a medium bowl. Add an extra ¼ tsp (½ tsp) **salt** to **mixture**. Form into **four** (eight) **4-inch-wide patties**.

3 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

Cook **Beyond Meat® patties** the same way the recipe instructs you to cook the **turkey patties****.

3 | Cook patties

*2 Double | **Ground Turkey**

Don't overcrowd the pan. Pan-fry **patties** in batches, if needed!

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