



Cal Smart Tzatziki Turkey Burgers

with Feta and Fresh Salad

Smart Meal

30 Minutes

Customized Protein

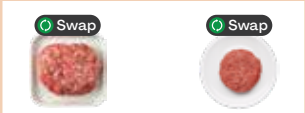
+ Add

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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Italian Breadcrumbs
4 tbsp | 8 tbsp



Garlic, cloves
2 | 4



Artisan Bun
2 | 4



Tomato
2 | 4



Spring Mix
56 g | 113 g



Lemon
½ | 1



Feta Cheese, crumbled
¼ cup | ½ cup



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Sour Cream
1 | 2



Mini Cucumber
1 | 2



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.

Pantry items | Oil, salt, pepper

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

1



Prep

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

- Finely chop **cucumber** in 1/8-inch pieces.
- Slice one **tomato**. Cut other **tomato** into 1/4-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **lemon**. Juice **half the lemon** into a large bowl.
- Add 1/2 **tblsp** (1 **tblsp**) **oil** to the large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **half the cucumber**, **diced tomato** and **half the spring mix** to the bowl with **lemon dressing**.

4



Make tzatziki

- Meanwhile, add **remaining cucumber**, **remaining Dill-Garlic Spice Blend**, **lemon zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.

2



Make patties

Swap | Ground Beef

Swap | Beyond Meat®

- Add **turkey**, **breadcrumbs**, **garlic**, **half the Dill-Garlic Spice Blend** and **half the feta** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl). (**NOTE:** Your mixture may look wet, this is normal.)

5



Toast buns

- Meanwhile, halve **buns**.
- Arrange on an unlined baking sheet, cut-side up. Broil in the **middle** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn.)

3



Cook patties

Swap | Beyond Meat®

- Heat a large non-stick pan over medium heat. When hot, add 1/2 **tblsp oil**, then **patties**. Pan-fry until **patties** are cooked through, 5-6 min per side. (** (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches for 4 ppl, using 1/2 **tblsp** oil per batch.)

6



Finish and serve

- Toss **salad**.
- Spread **tzatziki** between **buns**.
- Stack **sliced tomatoes**, **patties** and **remaining spring mix** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **salad** between plates.
- Top **salad** with **remaining feta**.

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

2 | Make 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 | Prep Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**.

3 | Cook Beyond Meat® patties

Swap | Beyond Meat®

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