



# Cal Smart Tzatziki Turkey Burgers

with Feta and Fresh Salad

Smart Meal

30 Minutes

Customized Protein



+ Add



Swap



or



x2 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)

 Swap	 Swap
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 the **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

- Heat a large non-stick pan over medium. 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 **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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 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 | Make Beyond Meat® patties

Swap | **Beyond Meat®**

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