



Cal Smart Dilly Turkey Burgers with Yogurt-Feta Sauce

Calorie Smart

Quick

25 Minutes



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Ground Turkey



Double Ground Turkey



Zesty Garlic Blend



Italian Breadcrumbs



Yogurt Sauce



Feta Cheese,
crumbled



Roma Tomato



Baby Spinach



Mini Cucumber



Dill



White Wine Vinegar



Artisan Bun

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO TZATZIKI

A yogurt-based sauce found in cuisines ranging from Southeast Europe to the Middle East!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Yogurt Sauce	45 ml	90 ml
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	95 g	190 g
Baby Spinach	56 g	113 g
Mini Cucumber	1	2
Dill	7 g	14 g
White Wine Vinegar	½ tbsp	1 tbsp
Artisan Bun	2	4
Sugar*	⅛ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



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1



Prep patties

- Heat a large non-stick pan over medium heat.
- While the pan heats, finely chop **dill**.
- Add **turkey, breadcrumbs, 1 tbsp** (2 tbsp) **dill**, **⅛ tsp** (¼ tsp) **salt** and **2 ½ tsp** (5 tsp) **Zesty Garlic Blend** to a medium bowl. Season with **pepper**, then combine.

If you've opted for **double turkey**, add an **extra ¼ tsp** (½ tsp) **salt** to the **mixture**. (**TIP:** For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Form into **four 4-inch-wide patties** (8 patties for 4 ppl).

4



Make vinaigrette and yogurt-feta sauce

- Add **half the feta, half the vinegar** (use all for 4 ppl), **⅛ tsp** (¼ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. Set aside.
- Combine **yogurt sauce, remaining feta, remaining Zesty Garlic Blend** and **½ tsp** (1 tsp) **dill** to a small bowl. Season with **pepper**, to taste, then stir to combine.

2



Pan-fry patties

- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal!)
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until golden-brown and cooked through, 5-6 min per side. **

5



Toast buns

- When **patties** are almost done, arrange **buns** directly on the **top rack** of the oven, cut-side up.
- Broil **buns** in the **top** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)

3



Finish prep

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **half the tomato** into ⅛-inch slices. Cut **remaining tomato** into ½-inch pieces.

6



Finish and serve

- Add **cucumbers, chopped tomatoes** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Spread **yogurt-feta sauce** onto cut sides of **top buns**.
- Stack **patties** on **bottom buns**, then **tomato slices**. Season **tomatoes** with a **pinch of salt** and **pepper**, then close with **top buns**.
- Divide **burgers** and **salad** between plates.

Dinner Solved!