

# Cal Smart Dilly Turkey Burgers

25 Minutes

Quick

with Yogurt-Feta Sauce

Calorie Smart

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Feta Cheese,

crumbled

**Baby Spinach** 

Dill

Artisan Bun

Ground Turkey Zesty Garlic Blend Italian Breadcrumbs Yogurt Sauce Roma Tomato Mini Cucumber White Wine Vinegar **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!

## Start here

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

Measurements	1 tbsp	(2 tbsp)	oil
within steps	2 person	4 person	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	1⁄4 cup	½ cup
Yogurt Sauce	45 ml	90 ml
Feta Cheese, crumbled	1⁄4 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*	1⁄8 tsp	1⁄4 tsp
Oil*		
Column I Down at		

Salt and Pepper\*

#### \* Pantry items

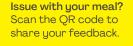
\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.







## **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, ¼ 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).



#### Make vinaigrette and yogurtfeta sauce

- Add half the feta, half the vinegar (use all for 4 ppl), % tsp (1/4 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

<sup>1</sup>/<sub>2</sub> **tsp** (1 tsp) **dill** to a small bowl. Season with **pepper**, to taste, then stir to combine.



#### 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

1/2 **tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until golden-brown and cooked through, 5-6 min per side.\*\*



## Finish prep

• Meanwhile, cut **cucumber** into ¼-inch rounds.

• Cut half the tomato into 1/8-inch slices. Cut remaining tomato into 1/2-inch pieces.



#### 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!)



## 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!**