



# Carb Smart Beef and Feta Bunless Burgers

with Greek-Style Salad

Carb Smart

Quick

25 Minutes



Ground Beef



Roma Tomato



Mini Cucumber



Feta Cheese,  
crumbled



Garlic Salt



Italian Breadcrumbs



Italian Dressing



Spring Mix



Parsley



Ciabatta Roll



Tzatziki

## HELLO TZATZIKI

Variations of this yogurt-based sauce are found in cuisines ranging from Southeast Europe to the Middle East!

## Start here

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

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

## Bust out

Baking sheet, measuring spoons, 2 large bowls, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Roma Tomato	80 g	160 g
Mini Cucumber	66 g	132 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Italian Dressing	2 tbsp	4 tbsp
Spring Mix	113 g	227 g
Parsley	7 g	14 g
Ciabatta Roll	1	2
Tzatziki	56 ml	113 ml
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.*

## Contact

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### 1 Form patties

- Finely chop **parsley**.
- Add **beef**, **breadcrumbs** and **half the parsley** to a large bowl. Season with **½ tsp** (1 tsp) **garlic salt** and **⅛ tsp** (¼ tsp) **pepper**, then combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).



### 4 Prep and assemble salad

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Cut **cucumber** into ¼-inch half-moons.
- Add **spring mix**, **cucumbers**, **tomatoes** and **Italian dressing** to another large bowl. Toss to combine.
- Season with **salt** and **pepper**, to taste.



### 2 Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **patties** to the dry pan. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.) Pan-fry until cooked through, 4-5 min per side. \*\*
- Transfer to a plate, then cover to keep warm.



### 5 Make tzatziki drizzle

- Whisk together **tzatziki**, **2 tbsp** (4 tbsp) **water** and **remaining parsley** in a small bowl.



### 3 Make garlic croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- Add **ciabatta** and **1 tbsp** (2 tbsp) **oil**, **¼ tsp** (½ tsp) **garlic salt** and **pepper** to an unlined baking sheet.
- Toss to combine.
- Toast in the **middle** of the oven, stirring halfway through, until lightly golden, 5-8 min.



### 6 Finish and serve

- Add **half the croutons** to **salad**, then toss to combine.
- Divide **salad** between plates.
- Sprinkle over **remaining croutons**.
- Top with **boneless burgers**.
- Sprinkle over **feta**.
- Drizzle over **tzatziki drizzle**.

## Dinner Solved!