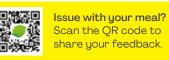


Carb Smart Beef and Feta Bunless Burgers

with Greek-Style Salad

Carb Smart 20 Minutes





Start here

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

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	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
Ground Chicken •	250 g	500 g
Tomato	1	2
Mini Sweet Pepper	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Garlic, cloves	1	2
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. Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Form patties

- Finely chop parsley.
- Peel, then mince or grate garlic.

• Add beef, garlic, breadcrumbs and half the parsley to a large bowl. Season with 1/4 tsp (1/2 tsp) salt and 1/8 tsp (1/4 tsp) pepper, then combine.

• Form **mixture** into two 5-inch-wide patties (4 patties for 4 ppl).

If you've opted to get **ground chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the ground beef.**



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.



Make garlic croutons

- Meanwhile, cut ciabatta into 1/2-inch pieces.
- Add ciabatta, 1 tbsp (2 tbsp) oil, 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.



Prep and assemble salad

- Meanwhile, cut tomato into 1/4-inch pieces.
- Core, then cut **pepper** into 1/4-inch pieces.
- Add spring mix, peppers, tomatoes and Italian dressing to another large bowl. Toss to combine.
- Season with salt and pepper, to taste.



Make tzatziki drizzle

• Whisk together tzatziki, 1 tbsp (2 tbsp) water and remaining parsley in a small bowl.



Finish and serve

- Add half the croutons to salad, then toss to combine.
- Divide salad between plates.
- Sprinkle over remaining croutons.
- Top with **bunless burger**.
- Sprinkle over feta.
- Spoon tzatziki drizzle over top.

Dinner Solved!



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