



# Carb Smart Beef and Feta Bunless Burgers

with Greek-Style Salad

Carb Smart

20 Minutes



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### CUSTOM RECIPE

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



Ground Beef



Ground Chicken



Tomato



Mini Sweet Pepper



Feta Cheese, crumbled



Garlic, cloves



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
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.



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1



### 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 **¼ tsp** (½ tsp) **salt** and **⅛ tsp** (¼ 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**.\*\*

4



### Prep and assemble salad

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Add **spring mix, peppers, 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, 1 tbsp** (2 tbsp) **water** and **remaining parsley** in a small bowl.

3



### Make garlic croutons

- Meanwhile, cut **ciabatta** into ½-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.

6



### 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!