



# Mediterranean Turkey Burgers

## with Yogurt Sauce

Quick

25 Minutes



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Ground Turkey



Ground Chicken



Artisan Bun



Yellow Potato



Mediterranean Spice Blend



Yogurt Sauce



Tomato



Spring Mix



Italian Breadcrumbs



Roasted Pepper Pesto

### 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!

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

## 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, medium bowl, measuring spoons, parchment paper, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Ground Chicken *	250 g	500 g
Artisan Bun	2	4
Yellow Potato	7 g	14 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Yogurt Sauce	45 ml	90 ml
Tomato	1	2
Spring Mix	28 g	56 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Roasted Pepper Pesto	4 tbsp	8 tbsp
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 Prep and roast potatoes

- Halve **potatoes** lengthwise.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange cut-side down.
- Roast in the **bottom** of the oven until tender, 20-22 min.



### 4 Toast buns

- Meanwhile, halve **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (**TIP:** Keep an eye on **buns** so they don't burn!)



### 2 Form patties

- Meanwhile, add **turkey**, **breadcrumbs** and **Mediterranean Spice Blend** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl). (**NOTE:** Your **mixture** may look wet; this is normal!)

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



### 5 Prep

- Meanwhile, cut **tomato** into ¼-inch rounds. Season with **salt** and **pepper**.



### 3 Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **patties**. Pan-fry until **patties** are cooked through, 5-6 min per side.\*\*



### 6 Finish and serve

- Spread **roasted pepper pesto** on **top** and **bottom buns**. Stack **bottom buns** with **tomatoes**, **patties** and **spring mix**. Close with **top buns**.
- Divide **burgers** and **potatoes** between plates.
- Serve **yogurt sauce** alongside for dipping.

Dinner Solved!