

Smart Merguez-Inspired Beef Patties

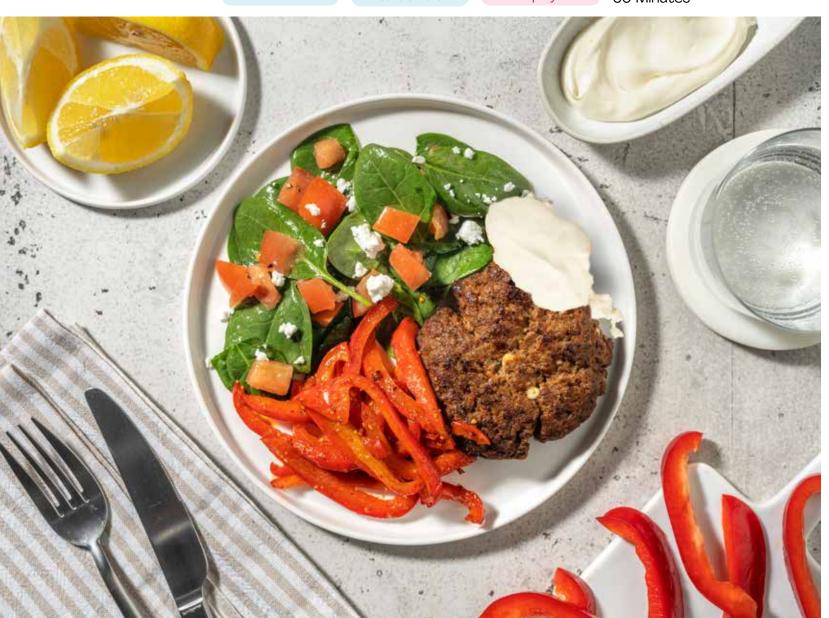
with Lemony Mayo and Feta Side Salad

Calorie Smart

Carb Smart

Spicy

30 Minutes





Ground Beef







Smoked Paprika-



Italian Breadcrumbs

Garlic Blend





Roma Tomato

Baby Spinach

Lemon



Sweet Bell Pepper





Feta Cheese, crumbled



Mayonnaise

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan, parchment paper

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Harissa Spice Blend 🤳	1 tbsp	2 tbsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Italian Breadcrumbs	⅓ cup	½ cup
Lemon	1	2
Roma Tomato	80 g	160 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
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, sov. sulphites, tree nuts and wheat.



Prep and season peppers

- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Core, then cut pepper into ¼-inch slices.
- Cut tomato into 1/2-inch pieces.
- Add peppers, half the Harissa Spice Blend and ½ tbsp oil (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Set aside.



Form patties

- · Add breadcrumbs, Smoked Paprika-Garlic Blend, remaining Harissa Spice Blend and half the feta to a medium bowl. (TIP: If you prefer more tender patties, add an egg to the mixture!)
- Add beef, then combine.
- Form beef mixture into two 4-inch-wide patties (4 patties for 4 ppl).



Cook patties and peppers

- · Heat a large non-stick pan over medium heat.
- When hot, add 1/2 tbsp oil, then patties. (NOTE: For 4 ppl, cook patties in 2 batches, using ½ tbsp oil per batch.)
- Pan-fry until golden-brown, 2-3 min per side.
- Transfer **patties** to other side of the baking sheet with **peppers**.
- Roast in the middle of the oven until peppers are tender and patties are cooked through, 10-12 min.**



Make lemon mayo

- · Meanwhile, add mayo, lemon zest and 1/2 tsp lemon juice (dbl for 4 ppl) to a small
- Season with salt and pepper, then stir to combine.



Make salad

- Add 2 tsp lemon juice and ½ tbsp oil (dbl both for 4 ppl) to a large bowl. Season with salt and pepper, then whisk to combine. (TIP: Add a pinch of sugar to the dressing, if desired!)
- Add tomatoes and spinach, then toss to combine.



Finish and serve

- Divide patties, peppers and salad between plates.
- Sprinkle remaining feta over salad.
- Squeeze a **lemon wedge** over top, if desired.
- Serve lemon mayo alongside for dipping.

Dinner Solved!

Contact