










Beef Burgers and Greek-Style Salad with Feta Mayo







Family Friendly 25 - 35 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca) 



	
Ground Beef 250 g 500 g	Artisan Bun 2 4
	
Tomato 1 2	Oregano 7 g 7 g
	
Mayonnaise 4 tbsp 8 tbsp	Feta Cheese, crumbled ½ cup 1 cup
	
Baby Spinach 56 g 113 g	Panko Breadcrumbs ½ cup ¾ cup
	
Garlic Salt 1 tsp 2 tsp	Lemon 1 2

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.

Pantry items | Sugar, oil, pepper, salt

Cooking utensils | Baking sheet, 2 large bowls, large non-stick pan, measuring spoons, small bowl, whisk, zester

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Finely chop **1 tbsp** (2 tbsp) **oregano leaves**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **lemon**.
- Add **mayo**, **lemon zest** and **half the feta** to a small bowl. Season with **pepper**, then stir to combine. Set aside.

4



Toast buns

- Meanwhile, halve **buns**.
- Arrange on an unlined baking sheet, cut-side up.
- Broil **buns** in the **middle** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn.)

2



Make patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Add **beef**, **panko**, **2 tsp** (4 tsp) **oregano** and **half the garlic salt** to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a more tender patty, add an egg to the mixture.)
- Form **beef mixture** into **two 4-inch-wide patties** (4 patties for 4 ppl).

5



Make salad

- Whisk together ½ **tbsp** (1 **tbsp**) **lemon juice**, ¼ **tsp** (½ **tsp**) **sugar**, **1 tsp** (2 **tsp**) **chopped oregano** and **1 tbsp** (2 **tbsp**) **oil** in another large bowl.
- Add **tomatoes**, **spinach** and **remaining feta**. Season with **salt** and **pepper**. Toss to combine.

3



Cook patties

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high 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 **patties** are golden-brown and cooked through, 4-5 min per side.**
- Transfer to a plate, then cover to keep warm.

6



Finish and serve

- Spread **feta-mayo** on **bottom buns**, then stack with **patties** and **some salad**. Close with **top buns**.
- Divide **burgers** between plates.
- Serve **remaining salad** alongside.

Measurements
within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Make patties

Swap | **Ground Turkey**

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

2 | Make patties

×2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra ¼ **tsp** (½ **tsp**) **salt** to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer more tender patties add 2 eggs to the mixture.) Form into **four** (eight) **5-inch-wide patties**.

3 | Cook Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**.

3 | Cook patties

Swap | **Beyond Meat®**

Cook **Beyond Meat® patties** the same way the recipe instructs you to cook the **beef****.

** Cook to a minimum internal temperature of 74°C/165°F.