



Cal Smart Tzatziki Turkey Burgers

with Feta and Fresh Salad

Smart Meal

30 Minutes

Customized Protein



+ Add



Swap



or



x2 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 |  Beyond Meat® 2 4 |
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|---|---|
|  Ground Turkey 250 g 500 g |  Italian Breadcrumbs 4 tbsp 8 tbsp |
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|  Garlic, cloves 2 4 |  Artisan Bun 2 4 |
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|--|---|
|  Tomato 2 4 |  Spring Mix 56 g 113 g |
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|--|--|
|  Lemon ½ 1 |  Feta Cheese, crumbled ¼ cup ½ cup |
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|---|--|
|  Dill-Garlic Spice Blend 1 tsp 2 tsp |  Sour Cream 1 2 |
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|--|
|  Radish 3 6 |
|--|



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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, salt, pepper

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

1



Prep

- Thinly slice **radish**.
- Slice one **tomato**. Cut other **tomato** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **lemon**. Into a large bowl, juice **half the lemon** and add ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- To the bowl with the **lemon dressing**, add **radish**, **diced tomato** and **half the spring mix**.

2



Make patties

- [Swap](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- To a medium bowl, add **turkey**, **breadcrumbs**, **garlic**, **half the Dill-Garlic Spice Blend** and **half the feta**. Season with **salt** and **pepper**, then stir to combine.
- Form **mixture** into **two 4-inch-wide patties** (4 patties for 4 servings). (**NOTE**: Your mixture may look wet; this is normal.)

3



Cook patties

- Heat a large non-stick pan over medium. When hot, add ½ **tbsp oil**, then **patties**. Pan-fry for 5-6 min per side, until **patties** are cooked through.** (**NOTE**: Don't overcrowd the pan; cook patties in 2 batches for 4 servings, using ½ **tbsp** oil per batch.)

4



Make dill-lemon sauce

- Meanwhile, to a small bowl, add **remaining Dill-Garlic Spice Blend**, **lemon zest** and **sour cream**. Season with **salt** and **pepper**, then stir to combine. Set aside.

5



Toast buns

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

6



Finish and serve

- Toss **salad**.
- Spread **dill-lemon sauce** between **buns**.
- Stack **sliced tomatoes**, **patties** and **spring mix** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **salad** between plates. Top **salad** with **remaining feta**.

Measurements **1 tbsp** (2 **tbsp**) **oil**
within steps 2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Make patties

[Swap](#) | [Ground Turkey](#)

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

2 | Make Beyond Meat® patties

[Swap](#) | [Beyond Meat®](#)

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

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