



# Indian-Inspired Turkey Burgers

with Spiced Fries and Cucumber Raita

30 Minutes



Ground Turkey



Brioche Bun



Mini Cucumber



Greek Yogurt



Sweet Bell Pepper



Garlic Salt



Indian Spice Mix



Cilantro



Russet Potato



Panko Breadcrumbs



Spring Mix

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.

## Bust out

2 Baking sheets, measuring spoons, box grater, large bowl, parchment paper, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Brioche Bun	2	4
Mini Cucumber	132 g	264 g
Greek Yogurt	100 ml	200 ml
Sweet Bell Pepper	160 g	320 g
Garlic Salt	1 tsp	2 tsp
Indian Spice Mix	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Russet Potato	460 g	920 g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	28 g	56 g
Sugar*	¼ tsp	½ tsp
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, soy, sulphites, tree nuts and wheat.*

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## Bake spiced fries

- Cut **potatoes** into ½-inch fries.
- Add **potatoes**, **1 tsp Indian Spice Mix** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tsp Indian Spice Mix and 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



## Form patties

- While **peppers** cook, combine **turkey**, **panko**, **half the cilantro**, **remaining garlic salt** and **remaining Indian Spice Mix** in a large bowl.
- Form **mixture** into **2 equal-sized patties** (4 patties for 4 ppl).
- Using the palm of your hand, flatten **patties** until ½-inch thick. (**NOTE:** Your mixture may look wet, this is normal! In step 5, you can carefully re-shape patties when cooking.)

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## Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Roughly chop **cilantro**.
- Cut **one cucumber** into ¼-inch slices (2 cucumbers for 4 ppl).
- Grate **remaining cucumber** into a small bowl. Sprinkle **¼ tsp garlic salt** (dbl for 4 ppl) over **grated cucumber**, then stir to combine. Set aside.

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## Cook patties and make raita

- Heat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Pan-fry until golden-brown and cooked through, 5-6 min per side.\*\*
- Meanwhile, drain **any liquid** from **grated cucumber**.
- Add **yogurt**, **remaining cilantro** and **¼ tsp sugar** (dbl for 4 ppl) to the bowl. Season with **salt** and **pepper**, then stir to combine.

3



## Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Transfer **peppers** to a plate. Set aside.

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## Finish and serve

- Halve **buns**. Arrange on an unlined baking sheet, cut-side up. Toast **buns** in **top** of the oven until golden-brown, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)
- Spread **1 tbsp raita** over **top buns**. Stack **spring mix**, **patties**, **peppers** and **sliced cucumbers** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **spiced fries** between plates. Serve **remaining raita** on the side for dipping.

## Dinner Solved!