



Indian Turkey Burgers

with Spiced Fries and Cucumber Raita

30 Minutes



Minced Turkey



Brioche Bun



Mini Cucumber



Greek Yogurt



Sweet Bell Pepper



Garlic Salt



Indian Spice Mix



Cilantro



Russet Potato



Panko Breadcrumbs



Spring Mix

HELLO MINCED 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
Minced Turkey	250g	500g
Brioche Bun	2	4
Mini Cucumber	132g	264g
Greek Yogurt	100 ml	200 ml
Sweet Bell Pepper	160g	320g
Garlic Salt	1 tsp	2 tsp
Indian Spice Mix	1 tbsp	2 tbsp
Cilantro	7g	14g
Russet Potato	460g	920g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	28g	56g
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 our meal kit labels for the most current allergen 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 ¼-inch matchstick **fries**. Add **potatoes**, **1 tsp Indian Spice Mix** and **1 tbsp oil** to a baking sheet. Season with **salt** and **pepper**, then toss to combine. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tsp Indian Spice Mix and 1 tbsp oil per sheet.) 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 the top of the oven, rotating sheets halfway.)



Make 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 **two equal sized patties** (4 patties for 4 ppl), then flatten **patties** to ½-inch thick, using the palm of your hand. (**NOTE:** Your mixture may look wet, this is normal! In step 5, you can carefully re-shape patties when cooking.)



Prep

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



Cook patties

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.** While **patties** cook, drain liquid from **grated cucumber**. Add **yogurt**, **remaining cilantro** and **¼ tsp sugar** (dbl for 4 ppl) to the small bowl with **grated cucumber**. Season with **salt** and **pepper**, then stir to combine.



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.



Finish and serve

Halve **buns**. Arrange **buns** on another 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 do not burn!). Spread **1 tbsp raita** over **bottom buns**. Top with **spring mix**, **patties**, **peppers**, **sliced cucumber** and **top buns**. Divide **burgers** and **spiced fries** between plates. Serve **remaining raita** on the side, for dipping.

Dinner Solved!