



Medi Burgers and Olive Tapenade with Greek Salad

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Ground Beef



Beyond Meat®



Brioche Bun



Feta Cheese, crumbled



Mayonnaise



Mixed Olives



Baby Tomatoes



Mini Cucumber



Parsley



Red Onion



Baby Spinach



White Wine Vinegar

HELLO FETA

This Greek cheese is aged in brine, giving it a salty kick!

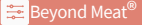
Start here

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

Bust out

Baking sheet, 2 medium bowls, large bowl, small bowl, whisk, large non-stick pan, measuring spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
 Beyond Meat®	2	4
Brioche Bun	2	4
Feta Cheese, crumbled	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Mixed Olives	30 g	60 g
Baby Tomatoes	113 g	227 g
Mini Cucumber	132 g	264 g
Parsley	7 g	14 g
Red Onion	113 g	113 g
Baby Spinach	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	½ tsp	1 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca




1 Prep

Roughly chop **parsley**. Drain, then roughly chop **olives**. Halve **tomatoes**. Cut **cucumber** in half lengthwise, then into ¼-inch half-moons. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



4 Cook patties

Heat a large non-stick pan over medium heat. While pan heats, combine **beef** and ¼ **tsp salt** (dbl for 4 ppl) in another medium bowl. Season with **pepper**. Form mixture into **2 equal-sized patties** (4 patties for 4 ppl). Lightly press a thumb print halfway into **each patty**. (NOTE: Don't push all the way through!) Add ½ **tbsp oil** (dbl for 4 ppl), then **patties** to the hot pan. Pan-fry until cooked through, 4-5 min per side.**

 **CUSTOM RECIPE**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Cook the **patties** in the same way the recipe instructs you to cook the **beef patties**.



2 Make olive tapenade

Stir together ½ **tbsp oil** and ¼ **tsp sugar** (dbl both for 4 ppl) in a medium bowl. Add **olives**, **half the parsley** and **half the onions**. Season with **salt** and **pepper**, then stir to combine. Set aside.



5 Toss salad

While **patties** cook, whisk together **vinegar**, **1 tbsp oil** and ¼ **tsp sugar** (dbl for 4 ppl) in a large bowl. Add **tomatoes**, **cucumbers**, **spinach** and **remaining onions**. Season with **salt** and **pepper**, then toss to coat. Set aside.



3 Make feta mayo

Stir together **mayo**, **feta** and **remaining parsley** in a small bowl. Season with **pepper**. Set aside.



6 Toast buns and serve

Halve **buns**, then arrange on a baking sheet, cut-side up. Toast in the **top** of the oven until lightly golden, 2-3 min. Spread **feta mayo** over **bottom buns**. Top with **patties**, some **dressed spinach leaves**, **olive tapenade** and **top buns**. Divide **burgers** and **salad** between plates.

Dinner Solved!