

DINNERLY



Low-Carb Cheddar-Stuffed Turkey Burger

with Blistered Green Beans & Garlic Aioli



20-30min



2 Servings

You heard it here first folks, green bean fries are the new french fry! Don't believe us? Make these juicy cheddar-stuffed turkey burgers for your next at-home burger night and you'll be wondering why you haven't always smothered your green beans (and everything else) in garlic aioli. We've got you covered!

WHAT WE SEND

- 1 plum tomato
- ½ lb green beans
- 10 oz pkg ground turkey
- 2 oz shredded cheddar-jack blend ¹
- 2 oz mayonnaise ^{2,3}
- 2 potato buns ⁴

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- microplane or grater
- medium heavy skillet (preferably cast-iron)

ALLERGENS

Milk (1), Egg (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

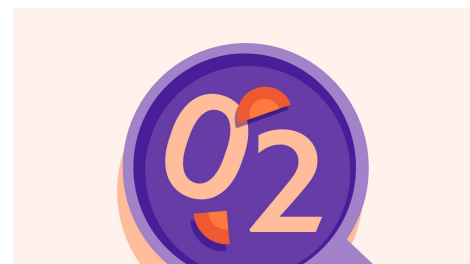
NUTRITION PER SERVING

Calories 740kcal, Fat 50g, Carbs 35g, Protein 44g



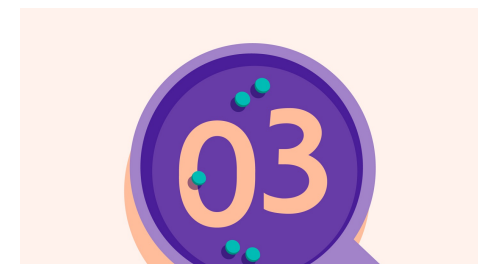
1. Prep tomato & green beans

Cut **tomato** into ½-inch slices. Trim stem ends from **green beans**. In a medium bowl, toss both with **1 tablespoon oil** and **a pinch each of salt and pepper**; set aside until step 3.



2. Form burgers

With lightly moistened hands, divide **ground turkey** into two equally sized balls. Make an indentation in the middle of each and fill with **cheese**. Wrap the ground turkey around the cheese and gently flatten to form 2 (3½-inch) patties. Brush each with **oil** and season generously with **salt and pepper**.



3. Make garlic mayo

Into a small bowl, finely grate ½ **teaspoon garlic**. Stir in **mayonnaise** and **a generous pinch each of salt and pepper**; gradually whisk in **1 tablespoon oil**. Set aside until step 5.

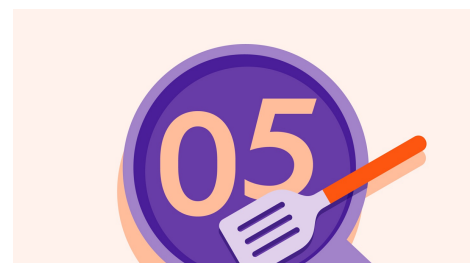


4. Blister beans & tomato

Heat a medium heavy skillet (preferably cast-iron) over high. Add **green beans** and cook, turning occasionally, until blackened in spots, 3–4 minutes. Transfer to a plate.

Add **tomato slices** to same skillet; cook until just browned, about 1 minute per side. Transfer to plate with green beans.

Toast **buns**, cut side-down, until golden, 30 seconds. Flip and toast bottom side, 30 seconds.



5. Finish & serve

Heat **1 tablespoon oil** in same skillet; add **burgers**. Cover and cook over medium heat, turning once, until lightly charred and cooked through, 4–5 minutes per side. Spread **some of the garlic mayo** onto **buns**; place burgers and **tomatoes** on top. Return **green beans** to skillet to rewarm, 1 minute.

Serve **burgers** with **green beans** and **remaining aioli** alongside. Enjoy!



6. Kids pitch in!

Kids can help get their hands dirty forming the burgers and mixing the garlic mayo—just be sure to give hands a good scrub before and after! Get them involved in building their own burgers, too in step 5.