



## Grilled Mediterranean Beef Patties & Veggies

with Warm Pita & Yogurt



30-40min



2 Servings

We're bringing the flavors of Greece right to your doorstep! If you don't have a grill or grill pan, preheat broiler with rack in upper third. Broil peppers and onions on a baking sheet until tender and lightly charred, 7-10 minutes. Transfer veggies to a bowl. Place patties on same baking sheet; broil until browned and cooked through, flipping halfway, 6-8 minutes. Toast pitas directly on oven rack until warm, 1-2 minutes.



## What we send

- garlic
- ¼ oz fresh cilantro
- 1 oz Kalamata olives
- 1 red onion
- 1 bell pepper
- 10 oz pkg grass-fed ground beef
- ¼ oz za'atar spice blend <sup>1</sup>
- 2 Mediterranean pitas <sup>1,2,3</sup>
- 4 oz Greek yogurt <sup>4</sup>
- ¼ oz fresh mint

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)

## Tools

- grill or grill pan

## Allergens

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

## Nutrition per serving

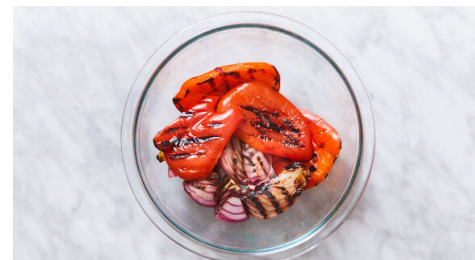
Calories 800kcal, Fat 43g, Carbs 62g, Protein 44g



### 1. Prep ingredients

Preheat a grill to high, if using. Finely chop **2 teaspoons garlic**. Finely chop **cilantro leaves and stems**. Coarsely chop **olives**; remove any pits, if necessary. Cut **onion** into ½-inch thick wedges through the root end. Quarter **pepper**, discarding stem and seeds.

In a medium bowl, gently toss peppers and onions with **1 tablespoon oil** and **a pinch each of salt and pepper**.



### 2. Grill veggies

Heat a grill pan over high, if using. Brush grill grates or pan lightly with **oil**. Add **peppers** and **onions** to grill and cook over medium-high heat, covered, until veggies are tender and lightly charred, 7-10 minutes.

Transfer onions and peppers to same bowl and cover with plastic wrap. Set aside until step 5.



### 3. Prep & grill beef patties

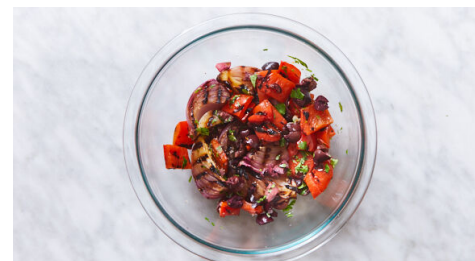
Meanwhile, in a medium bowl, knead to combine **ground beef**, **all of the za'atar spice blend**, **half of the chopped cilantro**, **1 teaspoon of the chopped garlic**, **¾ teaspoon salt**, and **a few grinds of pepper**. Form into 2 oval loaves (3-4 inches long).

Once **veggies** are cooked, add patties to grill and cook, covered, until well-browned and cooked through, 3-4 minutes per side.



### 4. Grill pitas

Brush each **pita** with **oil**. Add to grill and cook until warmed through and lightly charred, 1-2 minutes (watch closely). Wrap in foil or a clean kitchen towel to keep warm.



### 5. Make pepper salad

Cut **peppers** into 1-inch pieces. Return peppers to bowl with **onions**. Stir in **chopped olives**, **remaining cilantro**, **1 tablespoon oil**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**.



### 6. Make yogurt sauce & serve

In a small bowl, whisk to combine **yogurt**, **remaining chopped garlic**, and **a pinch each of salt and pepper**.

Serve **Mediterranean meat patties** with **pepper salad**, **yogurt sauce** and **torn pita** alongside. Garnish with **freshly torn mint leaves**. Enjoy!