



## Beef Souvlaki Burger

with Chopped Salad & Tzatziki Sauce

 20-30min  2 Servings

Who says a burger has to be on a bun? We give this burger a Greek spin by topping toasted pita with juicy grilled beef burgers, charred onions, and creamy tzatziki. A crunchy chopped salad with fresh dill and a homemade vinaigrette brightens up this delicious and nutritious plate. No grill? No problem! Refer to the cooking tip for alternate cooking instructions.



## What we send

- 10 oz pkg grass-fed ground beef
- 1 cucumber
- 1 red onion
- 1 bell pepper
- 1 plum tomato
- ¼ oz fresh dill
- 4 oz tzatziki <sup>1,2</sup>
- 2 Mediterranean pitas <sup>3,4,5</sup>

## What you need

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

## Tools

- grill or grill pan
- fine-mesh sieve

## Cooking tip

Broil burgers and onions on a rimmed baking sheet until onions are lightly charred, and beef is cooked through, 8–10 minutes. Toast pitas on center oven rack, 1–3 minutes.

## Allergens

Milk (1), Tree Nuts (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 760kcal, Fat 39g, Carbs 55g, Protein 39g



### 1. Make patties

Preheat grill on high, if using.

Form **beef** into 2 (4-inch) patties, about ½-inch thick. Season all over with **salt** and **pepper**.



### 2. Prep cucumber & onion

Trim ends from **cucumbers** (peel, if desired). Very thinly slice half of the cucumber, then cut remaining cucumber into ½-inch pieces. Toss sliced cucumbers with **½ teaspoon salt**, then transfer to a fine-mesh sieve set over a medium bowl. Let sit to release liquid, 10–12 minutes.

Thinly slice **¾ of the onion**, keeping rings intact, and finely chop remaining onion.



### 3. Make chopped salad

Halve **pepper**, discard stem and seeds, then chop into ½-inch pieces. Chop **tomatoes** into ½-inch pieces. Finely chop **dill fronds and tender stems**.

In a large bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch of sugar**. Add tomatoes, peppers, **chopped onions and cucumbers**, and half of the dill; toss to combine. Season with **salt** and **pepper**.



### 4. Season tzatziki sauce

In a small bowl, stir to combine **tzatziki** and **remaining dill**. Press out and discard excess liquid from **sliced cucumbers**. Add cucumbers to tzatziki, stirring to coat. Season with **salt** and **pepper**.



### 5. Grill burgers & onions

Preheat a grill pan on high heat, if using. Brush grates or pan with **oil**. Add **sliced onions** and **burgers**. Reduce heat to medium and grill, turning once or twice, until onions are lightly charred and tender, burgers are lightly charred and medium-rare, 8–10 minutes (or longer if desired). Transfer to a plate and cover to keep warm.



### 6. Grill pitas & serve

Grill **pitas** until warmed and lightly toasted, about 2 minutes.

Serve **burgers** on **pitas** topped with **grilled onions** and **tzatziki sauce**. Serve **chopped salad** alongside. Enjoy!