



Stuffed Feta Bunless Burger

with Spinach-Orzo Salad



20-30min



2 Servings

This inside-out cheeseburger has a cheesy surprise hidden in the middle—deliciously salty, briny feta. Caramelized shallots sweeten in the skillet alongside the burgers and get layered on top just before serving. A hearty Mediterranean-inspired salad of orzo, spinach, dill, roasted red peppers, and more feta bursts with flavor to round out the meal.

What we send

- 1 shallot
- garlic
- 10 oz pkg grass-fed ground beef
- 3 oz orzo ¹
- ¼ oz fresh dill
- 2 oz roasted red peppers
- 2 oz feta ⁷
- 5 oz baby spinach

What you need

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

Tools

- medium saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 41g, Carbs 46g, Protein 40g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil.

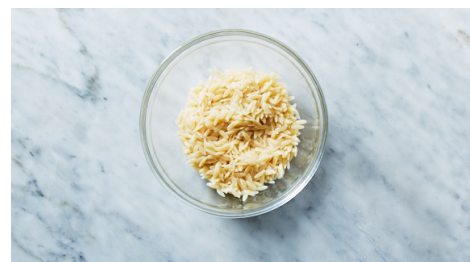
Halve and thinly slice **shallot** lengthwise. Finely chop ¼ cup of the sliced shallots. Finely grate **1 teaspoon garlic**.

In a medium bowl, combine **beef, grated garlic, 2 tablespoons of the chopped shallots, ½ teaspoon salt, and a few grinds of pepper**.



4. Prep burgers

Divide **beef** into 2 equal portions, then flatten into large, thin patties (about 5 inches wide). Using your thumb, make an indentation in the middle of each patty and divide **remaining feta** between them. Press meat over cheese to make 4-inch patties. Season all over with **salt** and **a few grinds of pepper**.



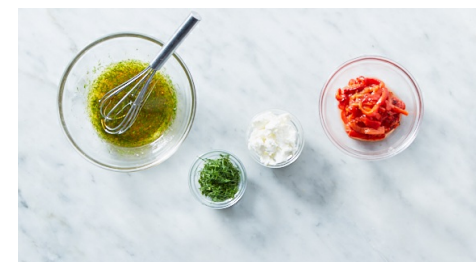
2. Cook orzo

Add **orzo** to saucepan with boiling water and cook until al dente, 6-8 minutes. Drain and rinse under cold water, then drain well again. Transfer orzo to a large bowl.



5. Cook burgers

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **burgers**; scatter **sliced shallots** around burgers. Cook burgers until slightly browned, stirring shallots occasionally, about 3 minutes. Flip burgers and continue to cook, about 3 minutes. Remove shallots once dark golden-brown; lightly season with **salt**.



3. Prep dressing

Pick **dill fronds** from stems, then roughly chop fronds; discard stems. Thinly slice **roasted red peppers**, if necessary. Crumble **half of the feta** (save rest for step 4).

In a small bowl, combine **half of the dill fronds, 2 tablespoons each of oil and vinegar, ¼ teaspoon salt, and a few grinds of pepper**.



6. Finish salad & serve

To **orzo**, add **roasted red peppers, crumbled feta, spinach, remaining chopped shallots and dill, and half of the dressing**. Toss to combine and season to taste with **salt** and **pepper**.

Serve **burgers** with **caramelized shallots** and **remaining dressing** over top and with **orzo salad** alongside. Enjoy!