



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 ^{1,4}
- 2 Mediterranean pitas ^{2,3,5}

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), Sesame (2), Soy (3), Tree Nuts (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!