



Spiced Beef Burgers

with Grated Carrot & Tahini Yogurt



20-30min



2 Servings

Traditional beef burgers are made unique with the simple addition of Baharat spice mix, a Middle Eastern blend of cumin, allspice, black pepper, nutmeg, and more! When mixing the beef, try to handle it as little as possible to avoid overworking, which can lead to a tough burger. Yogurt, mixed with tahini adds a nice refreshing touch. Cook, relax, and enjoy!

What we send

- fresh parsley
- lemon
- brioche buns ^{1,3,7}
- carrots
- grass-fed ground beef
- baharat spice blend ¹¹
- garlic
- non-fat Greek yogurt ⁷
- Tahini ¹¹
- green leaf lettuce

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 967kcal, Fat 58g, Carbs 61g, Proteins 51g



1. Prep ingredients

Preheat a grill to medium-high if using. Finely chop **parsley leaves and stems** together. Scrub **carrots** (no need to peel) then grate on large holes of a box grater. Reserve **¼ cup of the carrots** for step 6. Peel and finely chop **1 large garlic clove**. Squeeze **2 tablespoons lemon juice**.



4. Grill burgers

Heat a grill pan over medium-high if using. Grill **burgers**, turning once, until lightly charred, 2-3 minutes per side for medium rare. (Alternatively, heat 1 tablespoon oil in a medium skillet over medium-high and cook burgers 2-3 minutes per side for medium rare.)



2. Make burgers

In a medium bowl, combine **ground beef**, **1½ teaspoons of the Baharat spice blend**, **half of the chopped parsley**, **1 teaspoon salt**, and **¼ teaspoon pepper**, and mix until combined. Shape the mixture into 2 patties, about 5-inches wide. Refrigerate to firm up while you prepare tahini yogurt.



5. Make salad

Whisk **remaining lemon juice** and **2 tablespoons oil** in a large bowl; season with **salt** and **pepper**. Trim end from **lettuce**. Reserve 2 leaves for the **burgers**, then tear **half of the leaves** into bite-sized pieces (save rest for own use.) Add **carrots** and torn lettuce to bowl with **lemon dressing**, then toss gently to combine.



3. Make tahini yogurt

In a second medium bowl, combine **yogurt**, **garlic**, **tahini**, **1 tablespoon of the lemon juice**, **2 tablespoons oil**, and **remaining parsley**; season to taste with **salt** and **pepper**.



6. Finish burgers

Split **buns** and lightly toast cut sides on the grill, grill pan, or skillet until golden, 1-2 minutes. Assemble **burgers** on **buns** with **reserved lettuce leaves**, the **reserved grated carrot**, and a **dollop of tahini yogurt**. Serve with **salad** alongside. Enjoy!