



**GREEN
CHEF**

FETA & SUN-DRIED TOMATO TURKEY BURGERS

kale salad with almonds & dates, lemon caper aioli

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

840

MENU

MEDITERRANEAN

These turkey burgers are brimming with the Mediterranean flavors of salty feta and sweet and savory sun-dried tomatoes. The sun-dried tomatoes get mixed into ground turkey with a lemon pepper and herb blend, and the baked patties get tucked into toasted brioche buns spread with a creamy lemon caper aioli with basil and topped with feta. On the side, there's a kale salad with almonds, dates, tomato, and even more feta.

INGREDIENTS (11 ITEMS)

¼ oz **Sun-dried tomatoes**
 2¾ oz **Green kale**
 1 whole **Roma tomato**
 ¾ oz **Dates**
 ¾ oz **Balsamic vinegar**
 ½ oz **Sliced almonds** T
 2 oz **Feta cheese** M
 10 oz **Ground turkey***
 1½ tsp **Lemon pepper & herb seasoning**
 2 whole **Brioche buns** E M W
 1¾ oz **Lemon caper aioli with basil** E S

WHAT YOU'LL NEED

baking sheet
 mixing bowls
 measuring spoons
 whisk
 thermometer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

T TREE NUTS (almonds) M MILK
E EGGS W WHEAT
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground turkey is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, finely chop **sun-dried tomatoes** (discard soaking liquid).
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Cut **dates** lengthwise into slices, about ¼ inch thick.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!)*

***The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

MAKE DRESSING

- Place **balsamic vinegar** and 2 tablespoons olive oil in a large bowl. Whisk to combine. Season with salt and pepper to taste.

3

MAKE KALE SALAD

- Add **kale** to bowl with **balsamic vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **sliced almonds**, **Roma tomato**, **dates**, and about half the **feta cheese**. Toss to combine.

4

MAKE MIXTURE & COOK PATTIES

- Place **ground turkey** and **sun-dried tomatoes** in a medium bowl. Season with **lemon pepper and herb seasoning**, salt, and a pinch of pepper. Mix thoroughly to evenly distribute ingredients.
- Form **turkey mixture** into two patties, about ¼ inch thick.*
- Place **patties** on a lightly oiled, foil-lined baking sheet. Bake 12-15 minutes, or until fully cooked.

**Alternatively, use a well-oiled ½-cup measuring cup to scoop out half the turkey mixture from the bowl and place it directly on the baking sheet. Lightly press to flatten patty. Repeat process with remaining mixture.*

5

TOAST BUNS

- Open **brioche buns**. Place **buns**, cut sides down, directly on oven rack.* Toast 2-3 minutes, or until lightly browned.
- Transfer **buns** to a cutting board. Spread cut sides with **lemon caper aioli with basil**.

**To save time, toast the buns in your toaster.*

6

PLATE YOUR DISH

- Divide **bottom buns** between plates. Top with **sun-dried tomato turkey patties**, remaining **feta cheese**, and **top buns**. Serve **kale salad with almonds and dates** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (396g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1040mg	45%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 5g Added Sugars	10%
Protein 45g	
Vitamin D 1mcg	6%
Calcium 257mg	20%
Iron 5mg	30%
Potassium 994mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Turkey [turkey], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **Sun-Dried Tomatoes** [organic dried tomatoes], **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Green Kale**, **Roma Tomatoes**, **Dates** [organic dried pitted dates], **Brioche Buns** [unbleached unbromated enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, durum flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, sugar, eggs, liquid eggs (whole eggs, citric acid, salt) canola oil, butter, salt, yeast, wheat gluten, rye flour, natural dough conditioner (wheat flour, enzymes, salt), cultured wheat flour, natural enzymes, pan spray (canola oil, phosphated mono & diglycerides, propellant)], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Lemon-Basil Capers Aioli** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Capers [capers, water, vinegar, salt], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate])

Allergen information:

Contains Egg, Soy, Milk, Wheat And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.