



Mediterranean Burger with Zucchini Rice

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

576 Calories

18 g fat

1050 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. ground beef
- Mediterranean Spice Blend
 - 3/4 tsp ground cumin
 - 1 tsp dried parsley
 - 1.5 tsp dried oregano
 - 1 tsp granulated garlic
- Salt & pepper, to taste**
- 1/4 cup onion, finely diced
- 2 zucchini, diced
- 1 TB olive oil**
- 1 box Rice Pilaf or Couscous
- 4 pitas, cut in half
- Lettuce leaves
- Large tomato, sliced
- 1/2 cup Tzatziki sauce
- 1/2 cup crumbled feta

DIRECTIONS:

1. In a large bowl, combine **ground beef, Mediterranean Spice Blend, salt & pepper** to taste, and **1/4 cup finely diced onion**. Using your hands, mix ingredients until evenly distributed. Form into 1/2 inch thick patties, about 2.5 inches in diameter.
2. Burgers can be cooked on a grill/grill pan until internal temperature reaches 145 degrees. To cook in the oven—preheat to 425 degrees. Place burgers on a rimmed sheet pan and bake 15-20 minutes, flipping halfway until cooked through.
3. Heat **1 TB olive oil** in a sauté pan over medium high heat. Add **diced zucchini** and season with **salt & pepper** to taste. Cook stirring often until softened, about 5-8 minutes.
4. Cook **rice pilaf/couscous** according to package directions, fluff with a fork and toss in sautéed zucchini.
5. To assemble burgers, cut a **pita** in half, place 2 **burgers** inside pita half and add desired amount of **lettuce leaves, sliced tomato, Tzatziki sauce** and **crumbled feta**. Enjoy alongside zucchini rice pilaf.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

