



Mediterranean Burger & Zucchini Rice Pilaf

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 Original
- 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 half moon shaped patties to fit inside pita halves.
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** 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.

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