

# Fried Green Tomato Burgers

*with Miso-Dressed Sweet Potato Salad*

In this dish, we're putting a unique spin on a classic. Fried green tomatoes are an early summertime standby in the American South. The green tomatoes themselves (which are red tomatoes harvested early) are delightfully tart. We're coating them in yogurt to accent their flavor (and help the breadcrumbs stick). Served with a sriracha yogurt sauce and peppery mizuna on a bun, this down-home version of the veggie burger can't be beat!



## Ingredients

- 2 Hamburger Buns
- ½ Cup Panko Breadcrumbs
- ½ Cup Plain, Low-Fat Greek Yogurt
- 2 Ounces Mizuna
- 1 Green Tomato
- 1 Red Onion
- ¾ Pound Baby Sweet Potatoes

## Knick Knacks

- 2 Tablespoons White Miso Paste
- 2 Teaspoons Sesame Oil
- 2 Teaspoons Sriracha
- ¼ Cup All-Purpose Flour

Makes 2 Servings

About 695 Calories Per Serving

Cooking Time: 35 to 45 minutes



## Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/651](http://blueapron.com/recipes/651)

1



### Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Halve the buns. Cut off and discard any large mizuna stems. Cut off the top and bottom of the green tomato; slice the remaining tomato in half to get to 2 thick rounds. Peel, halve and thinly slice the onion. Halve the sweet potatoes lengthwise. In a small bowl, combine the **miso paste, sesame oil and 1 tablespoon of water**.

2



### Roast & dress the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange, skin sides down, in a single, even layer and roast 28 to 30 minutes, or until tender when pierced with a fork. Transfer to a bowl. Add **half the mizuna, half the onion and half the miso dressing**; toss to combine and season with salt and pepper to taste.

3



### Make the yogurt mixtures:

While the sweet potatoes roast, in a small bowl, combine **half the yogurt** and **as much of the sriracha as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper to taste. In a separate medium bowl, combine the **remaining yogurt** and **2 tablespoons of water**; season with salt and pepper to taste.

4



### Bread the tomatoes:

While the sweet potatoes continue to roast, place the **flour** and **breadcrumbs** in 2 separate, medium bowls; season both with salt and pepper. Working 1 at a time, coat both sides of the **tomato slices** in the flour (shaking off any excess), then dip in the **yogurt-water mixture** (letting any excess drip off), then coat in the breadcrumbs (pressing firmly to coat). Transfer to a plate.

5



### Cook the tomatoes:

In a medium pan, heat a thin layer of oil on medium until hot. Add the **breaded tomato slices** and cook 3 to 4 minutes per side, or until the breadcrumbs are golden brown. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Carefully discard the oil from the pan.

6



### Finish & plate your dish:

In the pan used to cook the tomatoes, heat 2 teaspoons of olive oil on medium until hot. Add the **buns**, cut sides down, and toast 2 to 3 minutes, or until lightly browned. Transfer to a clean, dry work surface. Spread a layer of the **yogurt-sriracha mixture** onto the toasted bun tops and bottoms. In a bowl, combine the **remaining mizuna and miso dressing**; toss to coat. Place a **cooked tomato slice** onto each toasted bun bottom. Top with the **remaining dressed mizuna, some of the remaining onion** (you may have extra onion) and a toasted bun top. Divide the **finished burgers** and **dressed sweet potatoes** between 2 plates. Enjoy!