

BBQ Turkey Burgers

with Roasted Sweet Potato Wedges & Scallion Yogurt

4 SERVINGS

⌚ 45-55 MINS



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Ingredients



18 oz Ground Turkey



2 cloves Garlic



1 head Butter Lettuce



1 Tbsp White Wine Vinegar



1 Tbsp Sugar



4 Potato Buns



2 Scallions



¼ cup Barbecue Sauce



4 oz Monterey Jack Cheese



1 Tbsp Weeknight Hero Spice Blend¹



1 ½ lbs Sweet Potatoes



1 Red Onion



¼ cup Panko Bread crumbs



½ cup Plain Nonfat Greek Yogurt



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare & roast the sweet potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **sweet potatoes** into 1-inch-wide wedges.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down.
- Roast 28 to 30 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Thinly slice the **scallions**.
- Peel and roughly chop 2 **cloves of garlic**.
- Thinly slice the **cheese**.
- Halve the **buns**.
- Cut off and discard the root end of the **lettuce**; separate the leaves.



3 Pickle the onion

- In a small pot, combine the **sliced onion**, **sugar**, **vinegar**, and $\frac{1}{4}$ **cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to medium-high and cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and the sugar has dissolved.
- Turn off the heat. Set aside to cool at least 10 minutes.



4 Make the scallion yogurt

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced scallions** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until lightly browned and slightly softened.
- Transfer to a medium bowl (including any oil from the pan). Stir in the **yogurt**. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



5 Form & cook the patties

- In a bowl, combine the **turkey**, **breadcrumbs**, and **spice blend**; season with salt and pepper. Gently mix to combine. Form the mixture into four $\frac{1}{2}$ -inch-thick patties.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **patties**. Cook 6 to 7 minutes, or until browned. Flip (carefully, as the oil may splatter) and top with the **sliced cheese**.
- Loosely cover the pan with foil and cook 6 to 7 minutes, or until the cheese is melted and the patties are cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



6 Toast the buns & serve your dish

- Working in batches if necessary, add the **halved buns**, cut side down, to the pan of reserved fond (if the pan seems dry, add a drizzle of olive oil). Toast on medium-high 30 seconds to 1 minute, or until lightly browned. Transfer to a work surface.
- Assemble the burgers using the **toasted buns**, **barbecue sauce**, **lettuce leaves** (you may have extra), **cooked patties**, and **pickled onion** (discarding any liquid).
- Serve the **burgers** with the **roasted sweet potatoes** and **scallion yogurt** on the side. Enjoy!



*An instant-read thermometer should register 165°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 710, Total Carbohydrates: 79g, Dietary Fiber: 8g, Added Sugars: 9g, Total Fat: 24g, Saturated Fat: 9g, Protein: 45g, Sodium: 1200mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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