

BBQ Turkey Burgers

with Roasted Sweet Potato Wedges & Scallion Yogurt

2 SERVINGS

⌚ 45-55 MINS

 **Blue Apron**
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Ingredients



10 oz Ground Turkey



2 cloves Garlic



1 Tbsp Sugar



1 Tbsp White Wine Vinegar



1 Tbsp Weeknight Hero Spice Blend¹



2 Potato Buns



2 Scallions



¼ cup Barbecue Sauce



2 oz Monterey Jack Cheese



1 lb Sweet Potatoes



1 Red Onion



¼ cup Panko Bread crumbs



½ cup Plain Nonfat Greek Yogurt

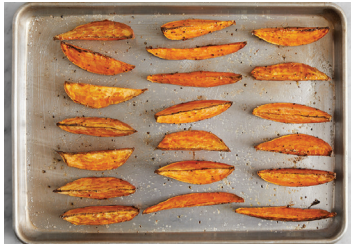


Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

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 26 to 28 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**.



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 medium 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 constantly, 3 to 4 minutes, or until lightly browned and slightly softened.
- Transfer to a medium bowl (including any oil from the pan). Add the **yogurt** and stir to combine. 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 two $\frac{1}{2}$ -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 the patties (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

- 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, 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: 870, Total Carbohydrates: 109g, Dietary Fiber: 11g, Added Sugars: 16g, Total Fat: 26g, Saturated Fat: 9g, Protein: 52g, Sodium: 1450mg.

**For information about our wellness labels visit us at blueapron.com/wellness. 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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