



**NUTRITION** *per serving* 65g carbohydrates 44g fat 47g protein 1134mg sodium | soy-free, shellfish-free, nut-free



Calories  
885



Prep & Cook Time  
40-50 min.



Cook Within  
5 days



Difficulty  
Intermediate



Spice Level  
Spicy

#### IN YOUR BOX

- 2 fl. oz. Liquid Egg
- 2 Celery Stalks
- 14 oz. Sweet Potato
- 2 Green Onions
- 12 oz. Ground Turkey
- ½ cup Panko Breadcrumbs
- 1 fl. oz. Frank's Red Hot Sauce
- 2 oz. Blue Cheese
- 4 oz. Slaw Mix
- 2 Pretzel Buns

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Grill Pan or Outdoor Grill

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HOME CHEF

## Buffalo Turkey Burger

with blue cheese, sweet potato wedges, and celery slaw

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Separation is natural when shipping liquid eggs. **Shake well** before using.

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Green onions** and **hot sauce** are used twice. Half of both are added to **burgers** and remaining is added to **slaw**.
- **Heads Up!** **Blue cheese** is used twice. Half is added to **burgers** and remaining **tops** burgers.
- No grill or grill pan? No problem! Just heat a medium pan over medium-high heat and add 1 tsp. **olive oil**. Cook for the same amount of time.
- **Spice Alert!** **Hot sauce** is aptly named. When adding to **slaw**, add to taste.

## FROM THE CHEF

Adding a dimple to burgers before cooking keeps them from shrinking and bulging in center.

### Did you know...

*This recipe includes all the major components of classic Buffalo wings, but do you know the original story of the iconic wing dish? It has nothing to do with buffaloes, and everything to do with the Anchor Bar in Buffalo, NY. Legend has it that owner Teresa Bellissimo's son and his friends came to the bar looking for a quick late night snack. The kitchen was closed and Mrs. B improvised chicken wings, which Americans now eat 1¼ billion of in a single year.*



1

## Prepare the Ingredients

Trim ends off **celery** and cut into ¼” dice. Slice **sweet potato** into ¾” thick wedges. Trim and thinly slice **green onions**.



2

## Make the Fries

Combine **sweet potato wedges** with 2 tsp. **olive oil** and a pinch of **salt and pepper** on prepared baking sheet. Spread into a single layer and bake, flipping after 10 minutes, until fries are crisp and browned, 18-20 minutes. Transfer to a plate and set aside. Replace foil. While fries bake, make burgers.



3

## Make the Burgers

Thoroughly combine **ground turkey**, **liquid egg**, **panko**, **half the green onions** (reserve remaining for slaw), **half the hot sauce** (reserve remaining for slaw), **half the blue cheese** (reserve remaining for topping burger), ¼ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl. Form mixture into two 1” thick burger patties. Make a small dimple in middle of each burger.



4

## Cook the Burger

Heat a grill or grill pan over medium-high heat. Lightly coat grill with **cooking spray** and place **burgers** on grill. Cook burgers until they reach a minimum internal temperature of 165 degrees, 5-6 minutes per side. Transfer to a plate and set aside. While burgers cook, make slaw and warm buns.



5

## Make Slaw and Warm Buns

Toss together **slaw mix**, **celery**, remaining **green onions**, remaining **hot sauce** (to taste), 1 tsp. **olive oil**, and a pinch of **salt and pepper** in another medium mixing bowl. Split **pretzel buns** and warm on prepared baking sheet, 3-4 minutes. *Alternately, you can place buns directly on grill pan or outdoor grill.*



6

## Plate the Dish

Place **bottom bun** on a plate and top with **turkey burger**. Top burger with remaining **blue cheese** and a scoop of **slaw**. Place **top bun** over burger. Arrange a pile of **sweet potato wedges** next to burger.