



#### In your box

- 18 oz. Sweet Potato
- 1 Red Onion
- 12 oz. Ground Turkey
- 2 oz. Ricotta
- 1 Tbsp. Miso Paste
- ½ fl. oz. Worcestershire Sauce
- 2 Pretzel Buns
- 1 ½ oz. BBQ Sauce
- 2 Cheddar Cheese Slices
- ¼ cup Panko Breadcrumbs



Customer Favorite

## BBQ Turkey Burger

with cheddar, caramelized onion, and sweet potato cottage fries

NUTRITION per serving—Calories: 1124, Carbohydrates: 131g, Fat: 42g, Protein: 51g, Sodium: 1619mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**40-50 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level 🌶️ 🌶️ 🌶️  
**Not Spicy**

## 📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
2 Baking Sheets, Mixing Bowl, Medium Non-Stick Pan

## 👑 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 two baking sheets with foil and cooking spray



### 1 Roast the Sweet Potato Cottage Fries

- Cut **sweet potato** into ¼” rounds.
- Place rounds in a single layer on one prepared baking sheet. Drizzle with 2 tsp. **olive oil** and season with a pinch of **salt** and **pepper**. Roast in hot oven, 15 minutes.
- Carefully, flip rounds and roast again until tender, 8-10 minutes.
- While sweet potato roasts, prepare onion.



### 2 Prepare the Onion

- Halve and peel **onion**. Slice halves into thin strips.



### 3 Form the Burgers

- Combine **turkey, ricotta, panko, miso, Worcestershire sauce,** and ¼ tsp. **pepper** in a mixing bowl.
- Form mixture into two patties, about 4” in diameter. *If mixture is too moist to hold together, use plastic wrap to shape patties.* Make a small ½” indentation in middle of patty to keep burger flat during cooking.



### 4 Cook the Burgers

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **patties** to hot pan and sear until brown, 2-3 minutes per side.
- Transfer burgers to second prepared baking sheet and roast in hot oven until burgers reach a minimum internal temperature of 165 degrees, 10-12 minutes.
- Reserve pan; no need to wipe clean.
- While burgers roast, caramelize onions.



### 5 Caramelize Onion and Toast Buns

- Return pan used to sear burgers to medium-low heat. Add 1 tsp. **olive oil, onion,** and a pinch of **salt** to hot pan. Stir occasionally until onion is lightly caramelized, 15-20 minutes.
- While onion caramelizes, place **buns** directly on oven rack and toast in hot oven until golden brown, 2-3 minutes.
- Plate dish as pictured on front of card, spreading **BBQ sauce** on bottom bun and topping with **burger, cheddar cheese,** caramelized onions, and top bun. Bon appétit!