



In your box

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

Customize It Options

- 12 oz. Ground Turkey
- 12 oz. Ground Pork
- 10 oz. Antibiotic-Free Ground Beef
- 4 oz. Bacon

*Contains: milk, wheat, soy

You will need

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



BBQ Turkey Burger

with cheddar, caramelized onion, and sweet potato cottage fries

NUTRITION per serving—Calories: 1019, Carbohydrates: 120g, Fat: 33g, Protein: 58g, Sodium: 1779mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare two baking sheets with foil and cooking spray

Customize It Instructions

- If using **ground beef** or **ground pork**, follow same instruction as ground turkey in steps 3 and 4, roasting in hot oven until burgers reach a minimum internal temperature of 160 degrees, 10-12 minutes.
- If using **bacon**, cook while onion caramelizes in Step 5. Line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. Top burgers with bacon.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Roast the Sweet Potato Cottage Fries

- Cut **sweet potato** into ¼" rounds.
- Toss sweet potato rounds with 2 tsp. **olive oil** and a pinch of **salt** and **pepper** on one prepared baking sheet. Massage oil and seasoning into potatoes.
- Spread into a single layer. 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. Make a small ½" indentation in the middle of patties to keep burger flat during cooking. *If mixture is too moist to hold together, use plastic wrap to shape patties.*



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** and **onion** 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!