



More than Food

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Za'atar Pita Burgers

with Zucchini Fries and Dill Tzatziki

Za'atar, a Middle Eastern spice blend composed of sumac, sesame, thyme, and a variety of other dried herbs, infuses these burgers with a unique, almost woody aroma. A mixture of yogurt, dill, lemon, and cucumber makes for a bright, tangy tzatziki sauce. It's the perfect condiment for crispy oven-baked zucchini fries.



35 min



level 2



nut
free



Ground Beef



Cucumber



Zucchini



Lemon



Garlic



Dill



Greek Yogurt



Pita



Za'atar



Panko

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Cucumber	1	2
Zucchini	1	2
Lemon	1	2
Garlic	2 cloves	4 cloves
Dill	1 bunch	2 bunches
Greek Yogurt	2) 6 oz	12 oz
Pita	1) 2) 3) 1	2
Panko	1) ½ C	1 C
Za'atar	1 t	2 t
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Wheat
- 2) Dairy
- 3) Soy

Tools

Baking Sheet, Large Pan, Medium Bowl, 2 Small Bowls, Zester, Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

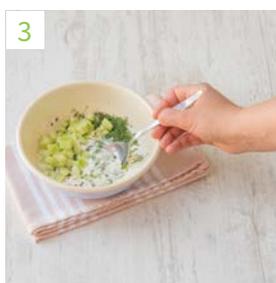
Nutrition per person Calories: 536 cal | Carbs: 39 g | Fat: 28 g | Protein: 37 g | Fiber: 6 g | Sodium: 258 mg



1 Make the zucchini fries: preheat oven to 450 degrees. Cut the **zucchini** into 3-inch sticks (like French fries!). Place the **panko** in a small bowl with a large pinch of **salt** and **pepper**. Toss the **zucchini** on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Coat each stick evenly in the **panko**, pressing to adhere, and return to the baking sheet. Place baking sheet in the oven for 12-15 minutes, until golden brown and crispy.



2 Meanwhile, peel the **cucumber**, then halve lengthwise. Scoop out the seeds with a spoon, then dice **one half**. Thinly slice the **remaining half** into half moons. Roughly chop the **dill**. Zest and halve the **lemon**. Mince or grate the **garlic**.



3 Make the dill tzatziki: in a small bowl, mix together the **yogurt**, **lemon zest**, a squeeze of **lemon**, **1/3 cup diced cucumber**, **half the za'atar**, **half the chopped dill**, and **half the garlic** (to taste). Season with **salt** and **pepper**. **TIP:** Mix the remaining diced cucumber into a glass of ice water for a refreshing drink!



4 Make the burgers: in a medium bowl, mix together the **ground beef**, **remaining garlic** (to taste), and **remaining za'atar**. Season with **salt** and **pepper**. Form mixture into evenly sized patties. Heat **1 Tablespoon olive oil** in a large pan over medium-high heat. Add the patties to the pan and cook 3-5 minutes per side, until cooked to desired doneness.

5 While the **burgers** cook, slice the **pita** in half and place in the oven to toast for 1-2 minutes.

6 Stuff the pitas with the **burgers**, **sliced cucumber**, the **remaining dill**, and a dollop of **dill tzatziki**. Serve the **pita burgers** alongside the **zucchini fries**, with the remaining **dill tzatziki** for dipping. Enjoy!