



# Meal Kit: Pineapple Teriyaki Turkey Burgers

**Ingredients for 2:** 12oz ground turkey or 2 portabella mushrooms OR 1/2 of each, 2 pineapple slices, seasoning (1/2 tsp garlic powder, 1/4 tsp onion powder, 1 tbsp soy sauce, 2 tsp red wine vinegar, 1/2 tsp pepper), 2 tsp sesame oil, 2 tbsp teriyaki sauce, 1/2 tsp cornstarch

**What you'll need:** skillet with lid (if you are cooking the portabella and don't want to use the same pan, you'll need 2 pans or clean out the first one!) cutting board, knife, big bowl, plate with cover/foil, spatula, meat thermometer (optional), little skillet and whisk



**1** Begin by placing the ground turkey into a mixing bowl. Add the seasoning cup.

**2** VERY GENTLY fold in the seasoning– don't overwork the meat! Gently mix until just combined.

**3** Preheat a skillet (with lid) over medium heat. Form meat into patties ( 2 for 2 person kit– 4 patties for 4 person kit)

**4** Drizzle in the sesame oil, tilting the pan so the oil coats the bottom (if cooking portabella separate, be sure to divide up the oil!)

**5** Place the burgers into the pan and **cook uncovered for 3 minutes**

**6** After 3 minutes and bottoms are browned (keep in a little longer if they aren't) **flip the burgers, smooch them down a little with your spatula, place the lid on and cook another 3 min**

## MEAL KIT TIPS!

- If doing half turkey burger, half portabella, follow the recipe as written but **divide the sesame oil between the 2, if you're cooking separately**
- If cooking only the portabella, skip to step 9



**7** After 3 minutes, , **flip and cover another 2 min.**

After 2 min, cook a final 2 minutes uncovered. (should be 10 min total)

**8** Place onto a plate right away, place cheese on top if using and **let rest 7 minutes (don't skip this step)**

**9** For the portabella burger– wipe off any dirt with a paper towel. (if not using mushroom– skip to step 13)

**10** I don't scrape the ribs out, but feel free to if you want. Preheat your skillet with lid over medium.

**11** Add in the sesame oil, then place the portabella(s) top side down. Pour the seasoning over the ribs. Cover and cook 4 min.

**12** uncover, flip and cook another 4-5 minutes until your desired level of doneness. Set on plate, top with cheese if using and set aside.

**13** I like to brown my pineapple slices – toss in the pan after the burgers/ portabella for just a minute or 2 on each side to brown– not necessary but delish :D

**14** in a small skillet, add the teriyaki sauce and whisk well to mix the cornstarch. Turn on med-high and simmer for 2-3 min until thickened. Remove from heat.

**15** Warm up buns, if desired, place burgers on buns , top with pineapple and pour teriyaki sauce over the top!

**For the slaw:** In a bowl, combine the slaw mix and dressing– toss well and enjoy!! Can be make ahead and kept in the fridge :)

*ENJOY!*

