



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)

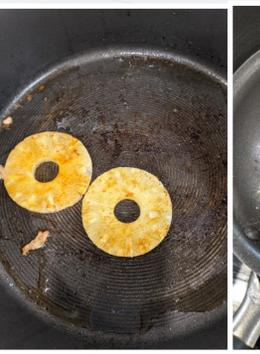
4 Drizzle in the sesame oil, tilting the pan so the oil coats the bottom (if cooking portabella separate, be sure to divide up the oil!)

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)

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 :)

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!

ENJOY!

