

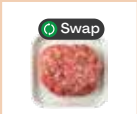


# Smart Turkey Koftas

## with Harrisa-Roasted Cauliflower Salad

Smart Meal

35 Minutes



Ground Beef  
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g



Italian Breadcrumbs  
2 tbsp | 4 tbsp



Cauliflower  
285 g | 570 g



Red Onion  
1 | 2



Baby Spinach  
28 g | 56 g



Garlic, cloves  
1 | 2



Lemon  
1 | 2



Yogurt Sauce  
3 tbsp | 6 tbsp



Harissa Spice Blend  
1 tbsp | 2 tbsp



Almonds, sliced  
28 g | 56 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, whisk, zester

1



### Prep and roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **onion** into ½-inch slices.
- Add **cauliflower, onions, half the Harissa Spice Blend** and ½ **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven until tender, 14-16 min.

2



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Zest, then juice **lemon**.

3



### Form koftas

Swap | Ground Beef

- Line another baking sheet with parchment paper.
- Add **turkey, breadcrumbs, half the garlic** and **remaining Harissa Spice Blend** and to a medium bowl. Season with ¼ **tsp** (½ **tsp**) **salt** and ¼ **tsp** (½ **tsp**) **pepper**, then combine.
- Roll **mixture** into **six 2x1-inch logs** (twelve logs for 4 ppl).
- Add **koftas** to the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.\*\*

4



### Toast almonds

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **almonds** to a plate.

5



### Make salad

- Add **remaining garlic, 1 tbsp** (2 **tbsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **lemon zest**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **veggies** are done, add **spinach** and **roasted veggies** to the bowl with **dressing**, then carefully toss to coat.

6



### Finish and serve

- Divide **salad** and **koftas** between plates.
- Sprinkle **almonds** over **salad**.
- Drizzle **yogurt sauce** over **koftas**.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

### 3 | Form koftas

Swap | Ground Beef

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **turkey**.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.