



# Cal Smart Middle Eastern-Inspired Turkey Patties

## with Mint Tabbouleh and Lemon Aioli














Calorie Smart

30 Minutes

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 Beef 350 g   500 g	 Beyond Meat® 2   4
 Ground Turkey 250 g   500 g	 Panko Breadcrumbs ¼ cup   ½ cup
 Shawarma Spice Blend 1 tbsp   2 tbsp	 Chicken Stock Powder 1 tbsp   2 tbsp
 Bulgur Wheat ½ cup   1 cup	 Lemon 1   2
 Garlic, cloves 2   4	 Baby Tomatoes 113 g   227 g
 Baby Spinach 56 g   113 g	 Mint 7 g   14 g
 Mayonnaise 2 tbsp   4 tbsp	

**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.

1



### Cook bulgur

- Before starting, wash and dry all produce.

- Add  $\frac{3}{4}$  cup (1 cup) **water** and **half the stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, chill a large plate in the freezer.
- Once boiling, stir in **bulgur**, then return to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.
- Fluff **bulgur** with a fork, then transfer to the chilled plate. Toss a few times to help **bulgur** cool.
- Set aside in the fridge until ready to use.

2



### Prep

Swap | Ground Beef

Swap | Beyond Meat®

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Pick **mint leaves** from stems, then thinly slice.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Add **turkey, panko, Shawarma Spice Blend, remaining stock powder** and  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) **garlic** to a medium bowl.
- Season with **pepper**, then combine.

3



### Form and cook turkey patties

- Heat a large non-stick pan over medium heat.
- While the pan heats, form **mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal!)
- When the pan is hot, add **2 tsp** (1 tbsp) **oil**, then **patties**. Pan-fry until cooked through, 4-6 min per side. **\*\***

4



### Make lemon aioli

- Add **mayo, lemon zest, ½ tsp** (1 tsp) **lemon juice** and  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) **garlic** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



### Finish tabbouleh

- Add **remaining garlic, 2 tsp** (4 tsp) **lemon juice** and **1 tbsp** (1 ½ tbsps) **oil** to a large bowl, then whisk to combine.
- Add **spinach, tomatoes, mint** and **chilled bulgur**. (**TIP:** It's okay if bulgur is still a little warm.) Toss to combine.
- Season with **salt** and **pepper**.

6



### Finish and serve

- Divide **mint tabbouleh** between bowls.
- Arrange **turkey patties** on top, then dollop with **lemon aioli**.

Measurements within steps

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

2 | Prep

Swap | Ground Beef

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

2 | Prep

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare, cook and plate the **turkey**. **\*\***