



Cal Smart Middle Eastern-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

Smart Meal

30 Minutes



Ground Beef 250 g 500 g	Beyond Meat® 2 4	Ground Turkey 500 g 1000 g
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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



Panko Breadcrumbs
1/4 cup | 1/2 cup



Shawarma Spice Blend
1 tbsp | 2 tbsp



Chicken Stock Powder
1 tbsp | 2 tbsp



Bulgur Wheat
1/2 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®](#)
- [*2 Double](#) | [Ground Turkey](#)
- 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 tbsp) **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**.

2 | Prep

[Swap](#) | [Ground Beef](#)

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

2 | Prep

[*2 Double](#) | [Ground Turkey](#)

If you've opted for **double turkey**, add an extra $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **salt** to the **turkey mixture**. Form into **eight ½-inch-thick patties** (16 patties for 4 ppl). Cook and plate **turkey** the way the recipe instructs you to cook the **regular portion of turkey**.