



# 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

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  
1/3 cup | 2/3 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

- ×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

- Swap | Ground Beef

- Swap | Beyond Meat®

- ×2 Double | Ground Turkey

- 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

- ×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**.

## 3 | Form and cook beef patties

- Swap | Ground Beef

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

## 3 | Form and cook Beyond Meat® patties

- Swap | Beyond Meat®

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

## 3 | Form and cook turkey patties

- ×2 Double | Ground Turkey

Form **mixture** into **eight ½-inch-thick patties** (16 patties for 4 ppl). Cook it in the same way the recipe instructs you to cook the **regular portion of turkey**, working in batches if necessary.