



Smart Parsley Turkey Patties

with Carrot and Feta Salad

Smart Meal

Spicy

25 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 Pork
250 g | 500 g

Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Chickpeas
1 | 2



Carrot
1 | 2



Lemon
1 | 2



Parsley
7 g | 14 g



Mint
7 g | 7 g



Garlic, cloves
2 | 4



Crispy Shallots
28 g | 56 g



Feta Cheese, crumbled
1/2 cup | 1/2 cup



Cumin-Turmeric Spice Blend
1 1/2 tsp | 3 tsp



Harissa Spice Blend
1 tbsp | 2 tbsp



Yogurt Sauce
3 tbsp | 6 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, grater, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, small bowl, strainer, zester

1



Prep and roast chickpeas

• Before starting, wash and dry all produce.

- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **chickpeas**, **Cumin-Turmeric Spice Blend** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Cover loosely with foil. Roast in the **bottom** of the oven until almost crispy, 10-12 min.
- Stir, then cover again. Return **chickpeas** to the oven and roast until crispy, 6-8 min.

2



Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Finely chop **parsley**.
- Strip **mint leaves** off **stems**. Discard stems. Tear or roughly chop **leaves**.
- Peel, then mince or grate **garlic**.
- Coarsely grate **carrots**.

3



Assemble salad

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **half the Harissa Spice Blend** and **half the garlic**. Stir until fragrant, 30 sec.
- Remove from heat, then stir in **carrots**.
- Transfer **dressed carrots** to a large bowl. Add **lemon zest**, **1 tbsp** (2 tbsp) **lemon juice**, **mint** and **half the parsley**. Season with **salt** and **pepper**, then toss to combine.

4



Form patties

Swap | **Ground Pork**

Swap | **Beyond Meat®**

- Add **crispy shallots**, **remaining garlic**, **remaining Harissa Spice Blend** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Crumble in **turkey**, then season with **pepper**. Combine.
- Form **turkey mixture** into **6** (12) **3-inch wide patties**.

5



Cook patties

- Reheat the same pan (from step 3) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. (**TIP**: Don't overcrowd the pan; cook patties in batches, if needed.) Pan-fry until **patties** are cooked through, 3-4 min per side.**

6



Finish and serve

- Combine **yogurt sauce** and **1 tsp** (2 tsp) **water** in a small bowl.
- Divide **patties**, **chickpeas** and **carrots** between plates.
- Sprinkle **feta** over **salad**, then sprinkle **remaining parsley** over top.
- Serve **yogurt sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

4 | Form patties

Swap | **Ground Pork**

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

4 | Form Beyond Meat® patties

Swap | **Beyond Meat®**

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

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