

HELLO Smart Moo Shu-Sesame Turkey Patties with Crisp Salad and Tabini Drizzle

with Crisp Salad and Tahini Drizzle

Smart Meal

30 Minutes





Customized Protein Add







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 降











Ground Turkey 250 g | 500 g

113 g | 227 g





1 | 2



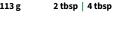
Mini Cucumber



Carrot, julienned



56 g | 113 g





Sesame Seeds







Soy Sauce



Breadcrumbs ⅓ cup | ⅔ cup

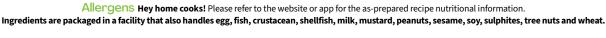


Moo Shu Spice 1 tbsp | 2 tbsp



Almonds, sliced

28 g | 56 g



Cooking utensils | Box grater, 2 large bowls, measuring spoons, medium non-stick pan, medium pot



Toast almonds

- · Wash and dry all produce.
- Heat a medium pot over medium-high heat.
- When hot, add almonds to the dry pot. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on them so they don't burn.)
- Transfer to a plate.



Pickle carrot

- Add carrots, vinegar,1 tbsp (2 tbsp) water and 2 tsp (4 tsp) sugar to the same pot used to toast **almonds**. Season with **salt**. Bring to a simmer over medium-high heat. Once simmering, cook, stirring often, until sugar dissolves. 1-2 min.
- Remove from heat. Transfer carrots. including **liquid**, to a large bowl. Set aside in the fridge to cool.



Finish prep

- Thinly slice cucumber.
- Core, then coarsely grate half the apple. Thinly slice remaining.



O Swap | Beyond Meat®

Measurements

4 | Form patties

and cook the turkey.**

Swap | Ground Beef

within steps

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.**

4 | Form Beyond Meat® patties

1 tbsp

2 person

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

oil



Form patties

Swap | Ground Beef

Swap | Beyond Meat®

- Add panko, grated apple, Moo Shu Spice Blend, sesame seeds and soy sauce to a large bowl. Stir to combine.
- Add turkey to panko mixture. Season with salt and pepper, then combine.
- Form mixture into 6 (12 for 4 ppl) 2-inchwide patties.



Cook patties

- · Heat a medium non-stick pan over mediumhigh heat (large pan for 4 ppl).
- When hot, add 1/2 tbsp (2 tbsp) oil, then patties.
- Reduce heat to medium. Cook, flipping halfway until patties are golden and cooked through, 5-8 min.**
- While patties cook, drain all but 2 tbsp (4 tbsp) pickling liquid from carrots. Add half the tahini sauce and 1 tbsp (2 tbsp) oil. Stir to mix.



Finish and serve

- Add cucumber, spring mix, almonds and remaining apple to bowl of dressing. Toss to coat.
- Divide salad and patties between plates.
- Drizzle remaining tahini sauce over patties.