



Smart Moo Shu-Sesame Turkey Patties

with Crisp Salad and Tahini Drizzle

Smart Meal

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 250 g 500 g	Beyond Meat® 2 4



	
Ground Turkey 250 g 500 g	Spring Mix 113 g 227 g
	
Gala Apple 1 2	Mini Cucumber 1 2
	
Carrot, julienned 56 g 113 g	Tahini Sauce 2 tbsp 4 tbsp
	
Sesame Seeds 9 g 18 g	White Wine Vinegar 2 tbsp 4 tbsp
	
Soy Sauce 1 tbsp 2 tbsp	Panko Breadcrumbs 1/3 cup 1/2 cup
	
Moo Shu Spice Blend 1 tbsp 2 tbsp	Almonds, sliced 28 g 56 g

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, sugar, salt, pepper

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

1



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.

2



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.

3



Finish prep

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

4



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-inch-wide patties**.

5



Cook patties

- Heat a medium non-stick pan over medium-high heat (large pan for 4 ppl).
- When hot, add **½ 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.

6



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**.

Measurements
within steps

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

4 | Form patties

Swap | **Ground Beef**

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