



Cal Smart Middle Eastern-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

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
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 Ground Turkey 250 g 500 g	 Shawarma Spice Blend 1 tbsp 2 tbsp
 Chicken Stock Powder 1 tbsp 2 tbsp	 Bulgur Wheat ½ 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.

Pantry items | Pepper, oil, salt

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, whisk, zester

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.

4



Make lemon aioli

- Add **mayo**, **lemon zest**, $\frac{1}{2}$ 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.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Pick **mint leaves** from stems, then thinly slice leaves.
- 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.

5



Finish tabbouleh

- Add **remaining garlic**, **2 tsp** (4 tsp) **lemon juice** and **1 tbsp** (1 $\frac{1}{2}$ 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**.

3



Form and cook turkey patties

Swap | Ground Beef

Swap | Beyond Meat®

- Heat a large non-stick pan over medium heat.
- While the pan heats, form **mixture** into four $\frac{1}{2}$ -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** (4 tsp) **oil**, then **patties**. Pan-fry until cooked through, 4-6 min per side.**

6



Finish and serve

- Divide **mint tabbouleh** between bowls.
- Arrange **turkey patties** on top, then dollop with **lemon aioli**.

Measurements
within steps

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

3 | Form and cook beef 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**.**

3 | Form and cook 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.