

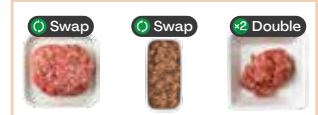


Cal Smart Middle Eastern-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

Smart Meal

30 Minutes













Ground Beef 250 g 500 g	Plant-Based Ground Protein 250 g 500 g	Ground Turkey 500 g 1000 g
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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
-  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.

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

- [Swap](#) | [Ground Beef](#)
- [Swap](#) | [Plant-Based Ground Protein](#)
- [x2 Double](#) | [Ground Turkey](#)
- 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**, **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

- [x2 Double](#) | [Ground Turkey](#)
- Heat a large non-stick pan over medium.
- 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**, $\frac{1}{2}$ 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.

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

[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****.

2 | Prep

[Swap](#) | [Plant-Based Ground Protein](#)

If you've opted to get **plant-based ground protein**, prep and cook it the same way the recipe instructs you to prep and cook the **turkey****.

2 | Prep

[x2 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 turkey patties

[x2 Double](#) | [Ground Turkey](#)

Form **turkey** into **eight ½-inch-thick patties** (16 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal.) Pan-fry **patties** in batches, if needed.

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