









Smart Turkey Patties

with Kale Salad, DIY Croutons and Baby Tomatoes













Smart Meal 25 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g 500 g	Plant-Based Ground Protein 250 g 500 g	Ground Turkey 500 g 1000 g

 Customized Protein  Add  Swap or  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 | 
Ciabatta Roll
1 2 |
| 
Kale, chopped
56 g 113 g | 
Lemon
1 2 |
| 
Mayonnaise
4 tbsp 8 tbsp | 
Parmesan Cheese, shredded
¼ cup ½ cup |
| 
Italian Breadcrumbs
2 tbsp 4 tbsp | 
Baby Tomatoes
113 g 227 g |
| 
Garlic, cloves
2 4 | 
Zesty Garlic Blend
1 tbsp 2 tbsp |
| 
Dijon Mustard
½ tbsp 1 tbsp | 
Baby Spinach
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.

1



Prep

- Before starting, wash and dry all produce.

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Remove any large pieces of stem from **kale**.
- Peel, then finely grate **garlic**.
- Cut **ciabatta** into ½-inch cubes.
- Halve **tomatoes**.

2



Make dressing and massage kale

- Add **mayo, Dijon, lemon zest** and ⅛ **tsp** (¼ **tsp**) **garlic** to a small bowl. Season with **pepper**, then combine.
- Add **kale** and **2 tsp** (4 **tsp**) **lemon juice** to a large bowl. Using clean hands, massage **kale** until leaves soften, 30 sec.

3



Toast croutons

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, add **ciabatta** and **2 tsp** (4 **tsp**) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When pan is hot, add **ciabatta**. Cook, stirring occasionally, until golden on all sides, 3-4 min.
- Transfer to a plate to cool.

4



Form and pan-fry patties

🔄 Swap | **Ground Beef**

🔄 Swap | **Plant-Based Ground Protein**

×2 Double | **Ground Turkey**

- Add **turkey, breadcrumbs, Zesty Garlic Blend, remaining garlic** and ⅛ **tsp** (¼ **tsp**) **salt** to the same bowl (from step 3). Season with **pepper**, then combine.
- Form **turkey mixture** into **six** (twelve) **3-inch wide patties**.
- Reheat the same pan over medium.
- When hot, add ½ **tsp** (**1 tsp**) **oil**, then **patties**. Pan-fry until golden and cooked through, 3-4 min per side.**
- Remove from heat.

5



Finish salad

- Add **croutons, tomatoes, spinach, Parmesan** and **half the dressing** to the bowl with **kale**. Toss to combine.

6



Finish and serve

- Divide **salad** between plates.
- Top with **patties**.
- Drizzle **remaining dressing** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

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

4 | Form and pan-fry 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 and pan-fry patties

🔄 Swap | **Plant-Based Ground Protein**

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

4 | Form and pan-fry patties

×2 Double | **Ground Turkey**

If you've opted for **double turkey**, add an extra ⅛ **tsp** (¼ **tsp**) **salt** to the **mixture**. Form into **12** (24) **3-inch-wide patties**. Don't overcrowd the pan. Pan-fry **patties** in batches, if needed.