



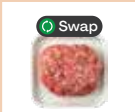
# Smart Turkey Koftas

## with Harissa-Roasted Cauliflower Salad

Smart Meal

Spicy

35 Minutes



Ground Beef  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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



Italian Breadcrumbs  
2 tbsp | 4 tbsp



Cauliflower  
285 g | 570 g



Red Onion  
1 | 2



Baby Spinach  
56 g | 113 g



Garlic, cloves  
1 | 2



Lemon  
1 | 2



Yogurt Sauce  
3 tbsp | 6 tbsp



Harissa 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.

Ingredient quantities 56 g | 113 g  
2 person | 4 person

**Pantry items** | Sugar, oil, salt, pepper

**Cooking utensils** | 2 Baking sheets, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, whisk, zester

1



### Prep and roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **onion** into ½-inch slices.
- To an parchment-lined baking sheet, add **cauliflower, onions** and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt, pepper** and **half the Harissa Spice Blend**, then toss to combine.
- Roast in the **bottom** of the oven for 14-16 min, until tender.

2



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Zest, then juice **lemon**.

3



### Form koftas

Swap | **Ground Beef**

- Line another baking sheet with parchment paper.
- To a medium bowl, add **turkey, breadcrumbs, half the garlic** and **remaining Harissa Spice Blend**. Season with ¼ **tsp** (½ **tsp**) **salt** and ¼ **tsp** (½ **tsp**) **pepper**, then combine.
- Roll **mixture** into **six** (12) **2x1-inch logs**.
- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven for 12-14 min, until cooked through.\*\*

4



### Toast almonds

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **almonds** to the dry pan. Toast for 3-4 min, stirring often, until golden. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **almonds** to a plate.

5



### Make salad

- To a large bowl, add **remaining garlic, 1 tbsp** (2 **tbsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **lemon zest**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- When **veggies** are done, to the bowl with **dressing** add **spinach** and **roasted veggies**, then carefully toss to coat.

6



### Finish and serve

- Divide **salad** and **koftas** between plates.
- Sprinkle **almonds** over **salad**.
- Drizzle **yogurt sauce** over **koftas**.

**Measurements within steps** | **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Form koftas

Swap | **Ground Beef**

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

\*\* Cook to a minimum internal temperature of 165°F.