



Cal Smart Middle Eastern-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

Smart Meal

30 Minutes

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)

 Swap	 Swap
	
Ground Beef 250 g 500 g	Beyond Meat® 2 4



	
	
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.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

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.

- To a medium pot, add $\frac{3}{4}$ cup (1 cup) **water** and **half the stock powder**. 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 | **Beyond Meat®**

🔄 Swap | **Ground Beef**

- 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**.
- In a medium bowl, add **turkey**, **Shawarma Spice Blend**, **remaining stock powder** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic**.
- Season with **pepper**, then combine.

3



Form and cook turkey patties

- Heat a large non-stick pan over medium.
- While the pan heats, form **mixture** into **four ½-inch-thick patties** (8 patties for 4 servings). (**NOTE:** Your mixture may look wet; this is normal.)
- When the pan is hot, add **2 tsp** (1 tbsp) **oil**, then **patties**. Pan-fry for 4-6 min per side, until cooked through.**

4



Make lemon aioli

- In a small bowl, add **mayo**, **lemon zest**, $\frac{1}{2}$ tsp (1 tsp) **lemon juice** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic**.
- Season with **salt** and **pepper**, then stir to combine.

5



Finish tabbouleh

- In a large bowl, add **remaining garlic**, **2 tsp** (4 tsp) **lemon juice** and **1 tbsp** (1 ½ tbsp) **oil**, 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**.

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

For 6 servings

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.

2 | Prep

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook in the same way the recipe instructs you to prep and cook the **turkey****

2 | Prep

🔄 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.