



Cal Smart Harissa-Spiced Turkey

with Almond Pilaf

Calorie Smart

30 Minutes



Ground Turkey



Harissa Spice Blend



Sweet Bell Pepper



Zucchini



Tomato Sauce Base



Basmati Rice



Chicken Broth Concentrate



Almonds, sliced



Parsley



Garlic Salt

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Harissa Spice Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	1	2
Almonds, sliced	14 g	28 g
Parsley	7 g	14 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

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Cook rice

- Add **rice**, **broth concentrate**, **half the garlic salt** and **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook turkey

- Return the same pan to medium-high.
- Add **½ tbsp butter** (dbl for 4 ppl), then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **tomato sauce base**, **Harissa Spice Blend** and **remaining garlic salt**. Season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Add **veggies** and **¾ cup water** (1 ¼ cups for 4 ppl). Cook, stirring often, until **sauce** reduces slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Prep and toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, core then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on almonds so they don't burn!)
- Transfer to a plate.



Finish pilaf

- Meanwhile, roughly chop **parsley**.
- Add **almonds**, **half the parsley** and **½ tbsp butter** (dbl for 4 ppl) to **rice**. Fluff with a fork to combine until **butter** melts.



Cook veggies

- Return the same pan to medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to another plate.



Finish and serve

- Divide **pilaf** between plates. Top with **turkey** and **veggies**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!