



Cal Smart Middle East-Inspired Turkey

with Almond Pilaf

Calorie Smart

30 Minutes



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Ground Turkey



Middle Eastern
Seasoning



Sweet Bell Pepper



Zucchini



Tomato Sauce Base



Basmati Rice



Chicken Stock
Powder



Almonds, sliced



Parsley



Garlic, cloves

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person), **(2 tbsp)** (4 person), **oil** (Ingredient)

Bust out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Middle Eastern Seasoning	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 Stock Powder	1 tbsp	2 tbsp
Almonds, sliced	14 g	28 g
Parsley	7 g	14 g
Garlic, cloves	1	2
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.

1



Cook rice

- Add **rice**, **stock powder** and **1 ¼ cups** (2 ½ cups) **water** 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.

4



Cook turkey

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

2



Prep and toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, peel, then mince or grate **garlic**.
- 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.

5



Finish pilaf

- Meanwhile, roughly chop **parsley**.
- Add **half the almonds** (use all for 4 ppl), **half the parsley** and **½ tbsp** (1 tbsp) **butter** to **rice**. Fluff with a fork to combine until **butter** melts.

3



Cook veggies

- Return the same pan to medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to another plate.

6



Finish and serve

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

Dinner Solved!



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