



Cal Smart Middle East-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

Calorie Smart

35 Minutes



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Ground Turkey



Panko Breadcrumbs



Shawarma Spice Blend



Chicken Stock Powder



Bulgur Wheat



Lemon



Garlic, cloves



Baby Tomatoes



Mini Cucumber



Mint



Mayonnaise

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

Baking sheet, large bowl, medium bowl, small bowl, measuring spoons, zester, medium pot, large plate, measuring cups, large non-stick pan, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
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
Mini Cucumber	132 g	264 g
Mint	7 g	14 g
Mayonnaise	2 tbsp	4 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 bulgur

- Add **¾ cup** (1 cup) **water** and **half the stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, chill a large plate in the freezer.
- Once boiling, stir in **bulgur** until **water** returns 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 to chill until ready to use.

4



Make lemon aioli

- Add **mayo**, **lemon zest**, **½ tsp** (1 tsp) **lemon juice** and **¼ tsp** (½ tsp) **garlic** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Quarter **cucumbers** lengthwise, then cut into ¼-inch quarter-moons.
- Pick **mint leaves** from stems, then thinly slice.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Add **turkey**, **panko**, **Shawarma Spice Blend**, **remaining stock powder**, **¼ tsp** (½ tsp) **garlic** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.

5



Finish tabbouleh

- Add **remaining garlic**, **2 tsp** (4 tsp) **lemon juice** and **1 tbsp** (1 ½ tbsp) **oil** to a large bowl, then whisk to combine.
- Add **cucumbers**, **tomatoes**, **mint** and **chilled bulgur**. (**TIP:** It's ok if bulgur is still a little warm.) Toss to combine. Season with **salt** and **pepper**, to taste.

3



Prep and cook turkey patties

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, form **mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal!)
- When hot, add **2 tsp** (1 tbsp) **oil**, then **patties**. Pan-fry until **patties** are cooked through, 3-4 min per side. **

6



Finish and serve

- Divide **tabbouleh** between bowls.
- Arrange **turkey patties** on top, then dollop **lemon aioli** over **patties**.

Dinner Solved!



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