



Cal Smart Middle Eastern-Inspired Turkey Patties

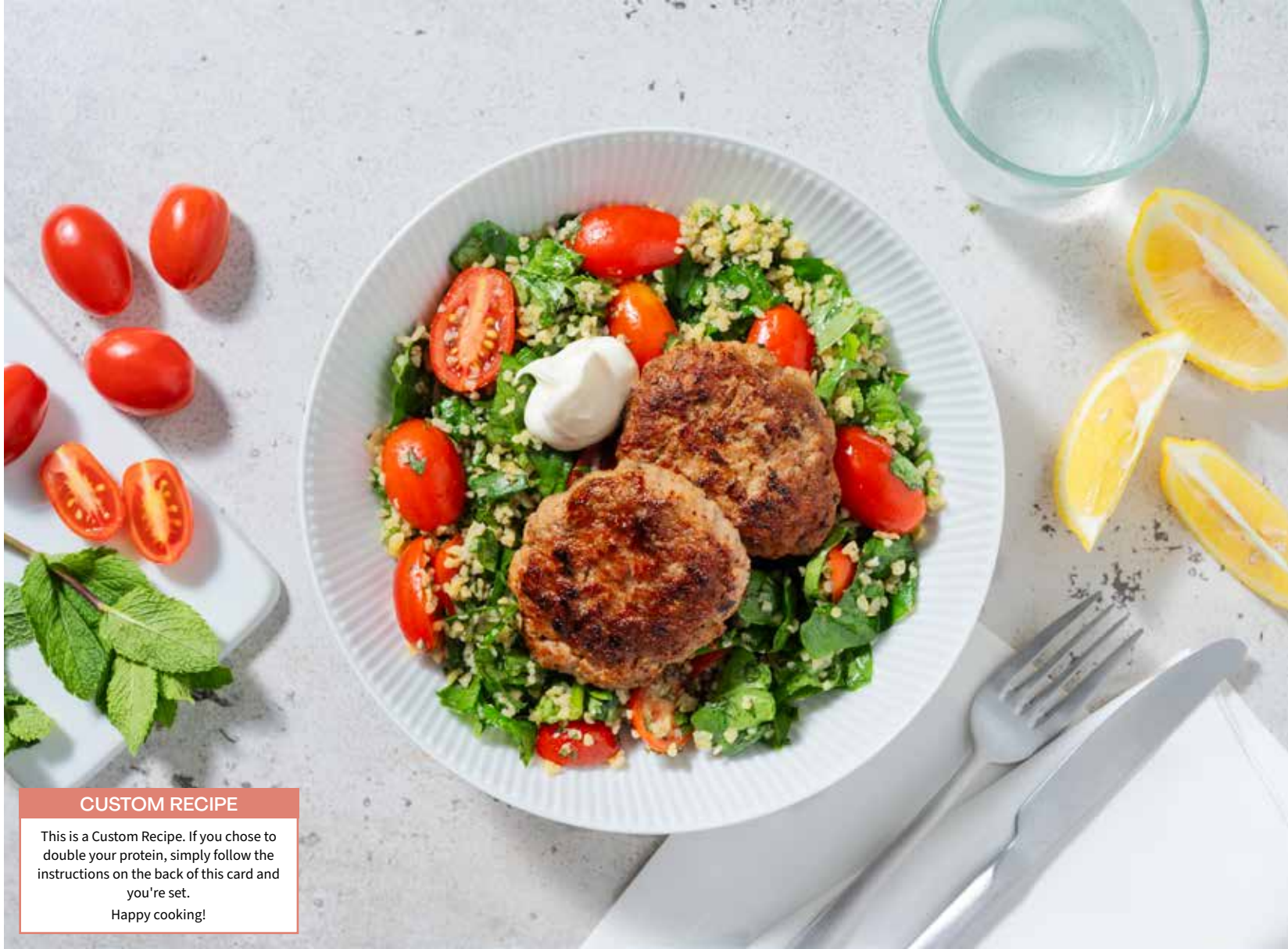
with Mint Tabbouleh and Lemon Aioli

Calorie Smart

30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Turkey



Double Ground Turkey



Panko Breadcrumbs



Shawarma Spice Blend



Chicken Stock Powder



Bulgur Wheat



Lemon



Garlic, cloves



Baby Tomatoes



Baby Spinach



Mint



Mayonnaise

HELLO GROUND TURKEY

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

Start here

Before starting, wash and dry all produce.

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

Bust out

Medium bowl, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 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
Baby Spinach	56 g	113 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.



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1



Cook bulgur

- Add $\frac{3}{4}$ 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**, 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.

4



Make lemon aioli

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

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Pick **mint leaves** from stems, then thinly slice.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Add **turkey**, **panko**, **Shawarma Spice Blend**, **remaining stock powder** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic** to a medium bowl.
- Season with **pepper**, then combine.

If you've opted for **double turkey**, add an **extra $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) salt** to the **turkey mixture**. Form into **eight $\frac{1}{2}$ -inch-thick patties** (16 patties for 4 ppl). Cook it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.

5



Finish tabbouleh

- Add **remaining garlic**, **2 tsp** (4 tsp) **lemon juice** and **1 tbsp** (1 $\frac{1}{2}$ tbsp) **oil** to a large bowl, 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**, to taste.

3



Form and cook turkey patties

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

6



Finish and serve

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

Dinner Solved!