



Cal Smart Middle Eastern-Inspired Turkey Patties

with Mint Tabbouleh and Lemon Aioli

Smart Meal

30 Minutes

Customized Protein **+** Add **↻** Swap or ***2** 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	Plant-Based Ground Protein 250 g 500 g

Ground Turkey 250 g 500 g	Panko Breadcrumbs 1/4 cup 1/2 cup

Shawarma Spice Blend 1 tbsp 2 tbsp	Chicken Stock Powder 1 tbsp 2 tbsp

Bulgur Wheat 1/2 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.*

Pantry items | Oil, salt, pepper

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

1



Cook bulgur

• Before starting, wash and dry all produce.

- 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.

2



Prep

🔄 Swap | **Ground Beef**

🔄 Swap | **Plant-Based Ground Protein**

- 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.

3



Form and cook turkey patties

- Heat a large non-stick pan over medium 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 the pan is hot, add **2 tsp** (1 tbsp) **oil**, then **patties**. Pan-fry until cooked through, 4-6 min per side.**

4



Make lemon aioli

- Add **mayo, lemon zest, ½ 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.

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 **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 person 4 person Ingredient

2 | Prep

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, prep, cook and plate it in the same way the recipe instructs you to prep, cook and plate the **turkey****

2 | Prep

🔄 Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **turkey****

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



Issue with your meal? Scan the QR code to share your feedback.