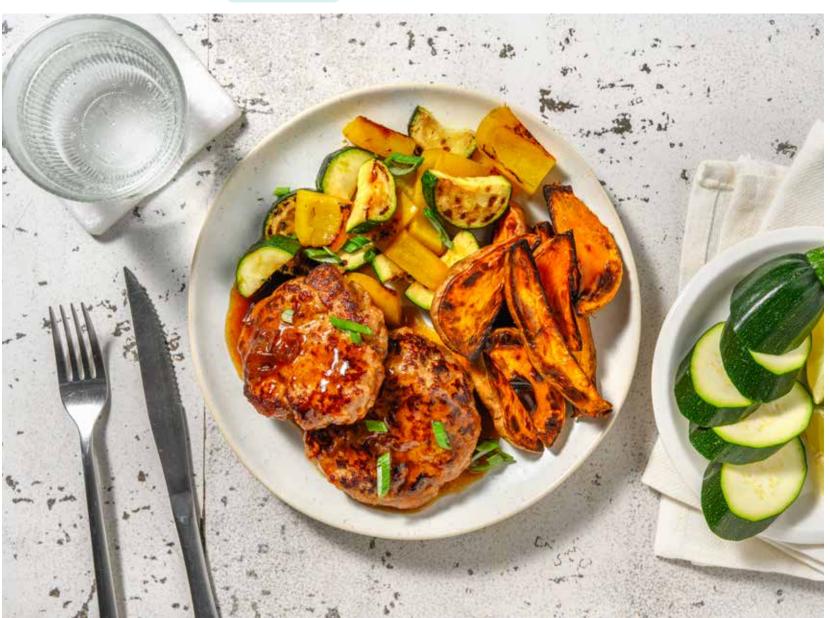


Cal Smart Sweet Soy Turkey Patties

with Sweet Potato Wedges and Garlic Veggies

Calorie Smart

30 Minutes









Sweet Bell Pepper







Soy Sauce Mirin

Garlic, cloves





Sweet Potato



Green Onion





Lime



Panko Breadcrumbs

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, zester, small bowl, large non-stick pan

Ingredients

| 2 Person | 4 Person |
|----------|--|
| 250 g | 500 g |
| 200 g | 400 g |
| 160 g | 320 g |
| 4 tbsp | 8 tbsp |
| 340 g | 680 g |
| 2 | 4 |
| 2 | 4 |
| 1/2 | 1 |
| 1/4 cup | ½ cup |
| 2 tsp | 4 tsp |
| | |
| | |
| | 250 g 200 g 160 g 4 tbsp 340 g 2 2 1/2 1/4 cup |

- * 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.



Roast sweet potatoes

- Cut sweet potatoes into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender, 22-24 min.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces.
- Thinly slice **green onions**, keeping **green** and **white parts** separate.
- Peel, then mince or grate garlic.
- Zest, then juice **half the lime** (whole lime for 4 ppl).
- Reserve **2 tsp soy sauce mirin blend** (dbl for 4 ppl) in a medium bowl. Set aside.
- Stir together **remaining soy sauce mirin blend**, **1 tsp lime juice** and **2 tbsp water** (dbl both for 4 ppl) in a small bowl.



Sauté veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**, to taste.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat, then stir in lime zest.
- Transfer **veggies** to a plate, then cover to keep warm.



Cook patties

- Meanwhile, add turkey, panko, remaining garlic and ¼ tsp salt (dbl for 4 ppl) to the bowl with reserved soy sauce mirin blend. Season with pepper, then combine.
- Form **mixture** into **four** ½**-inch-thick patties** (8 patties for 4 ppl).
- When **veggies** are done, return the same pan to medium-high.
- Add ½ tsp butter (dbl for 4 ppl), then patties.
 Cook, flipping halfway, until cooked through,
 3-4 min per side.**
- Transfer patties to the plate with veggies.



Make sauce

- Reduce heat to medium, then add ½ tbsp butter (dbl for 4 ppl) and green onion whites.
 Cook, stirring often, until fragrant, 30 sec.
- Add **soy mirin mixture**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. (TIP: Add 1 tbsp water to the pan if sauce thickens too quickly.)
- Remove the pan from heat.
- Return **patties** to the pan, then flip to coat.



Finish and serve

- Divide **sweet potatoes**, **veggies** and **patties** between plates.
- Drizzle pan sauce over patties.
- Sprinkle remaining green onions over top.

Dinner Solved!



