



Cal Smart Sweet Soy Turkey Patties

with Sweet Potato Wedges and Garlic Veggies

Calorie Smart

30 Minutes



Ground Turkey



Zucchini



Sweet Bell Pepper



Soy Sauce Mirin Blend



Sweet Potato



Garlic, cloves



Green Onion



Lime



Panko Breadcrumbs

HELLO MIRIN

A Japanese sweet rice wine that adds a subtle hit of acidity to sauces!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Sweet Potato	340 g	680 g
Garlic, cloves	2	4
Green Onion	2	4
Lime	½	1
Panko Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	2 tsp	4 tsp
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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



1 Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** 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.



4 Cook patties

- Meanwhile, add **turkey, panko, remaining garlic** and **¼ tsp** (½ tsp) **salt** 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, heat the same pan over medium-high.
- Add **½ tsp** (1 tsp) **butter**, then **patties**. Cooking, flipping halfway, until cooked through, 3-4 min per side. **
- Transfer **patties** to the plate with **veggies**.



2 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** (4 tsp) **soy sauce mirin blend** in a medium bowl. Set aside.
- Stir together **remaining soy sauce mirin blend, 1 tsp** (2 tsp) **lime juice** and **2 tbsp** (4 tbsp) **water** in a small bowl.



5 Make sauce

- Reduce heat to medium, then add **½ tbsp** (1 tbsp) **butter** 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.



3 Sauté veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, 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.



6 Finish and serve

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

Dinner Solved!