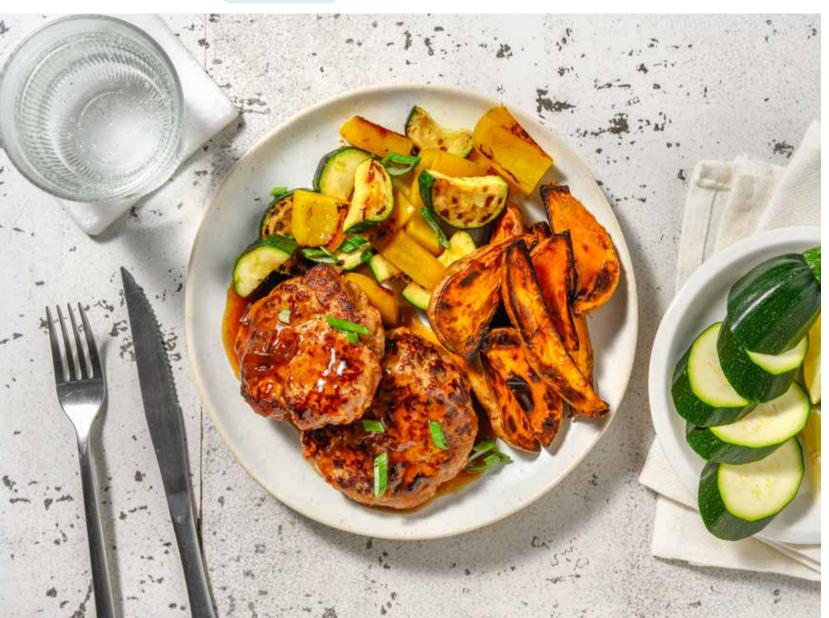


Cal Smart Sweet Soy Turkey Patties

with Sweet Potato Wedges and Garlic Veggies

Calorie Smart

30 Minutes







Ground Turkey



Sweet Bell Pepper



Soy Sauce Mirin





Sweet Potato

Garlic, cloves





Green Onion



Panko Breadcrumbs

Start here

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

Measurements , 1 tbsp , (2 tbsp), oil within steps

Bust out

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

Ingradients

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	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	1/2	1
Panko Breadcrumbs	⅓ 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.

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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.



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.



Sauté veggies

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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
- Transfer **veggies** to a plate, then cover to keep warm.



Cook patties

- Meanwhile, add turkey, panko, remaining garlic and 1/4 tsp (1/2 tsp) salt to the bowl with reserved soy sauce mirin blend. Season with pepper, then combine.
- Form mixture into four 1/2-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.



- Reduce heat to medium, then add 1/2 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.



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

Dinner Solved!