



Cal Smart Zesty Soy Turkey Patties with Roasted Veggie Medley

Calorie Smart

35 Minutes



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Ground Turkey



Double Ground Turkey



Zucchini



Sweet Bell Pepper



Soy Sauce Mirin Blend



Yellow Potato



Green Onion



Lime



Crispy Shallots



Garlic Salt

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!

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, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Zucchini	200 g	400 g
Sweet Bell Pepper	1	2
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Yellow Potato	250 g	500 g
Green Onion	2	4
Lime	½	1
Crispy Shallots	28 g	56 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 ½ tbsp	3 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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Roast potatoes

- Cut **potatoes** into quarters or 1-inch pieces.
- Add **potatoes**, **half the garlic salt** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until slightly softened, 10-11 min.



Form and cook patties

- Meanwhile, heat a large non-stick pan over medium heat.
- Add **turkey**, **crispy shallots** and **¼ tsp** (½ tsp) **salt** to the medium 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 the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **patties**. Cook, flipping halfway through, until cooked through, 3-4 min per side.**
- Transfer to a plate.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **turkey**. Work in batches, if necessary.



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.
- 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.



Sauce patties

- Add **½ tbsp** (1 tbsp) **butter** and **green onion whites** to the same pan. Cook, stirring often, until fragrant, 30 sec.
- Add **soy-lime mixture** from the small bowl. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. (**TIP**: Add 1 tbsp water to the pan if sauce thickens too quickly.)
- Remove from heat, then add **lime zest**.
- Return **patties** to the pan, then flip to coat.



Finish roasting veggies

- When **potatoes** have roasted for 10-11 min, remove the baking sheet from the oven.
- Push **potatoes** to one side of the baking sheet.
- Add **zucchini** and **peppers** next to **potatoes**. Season **veggies** with **remaining garlic salt**, then drizzle **½ tbsp** (1 tbsp) **oil** over **veggies**. Season with **pepper**, then toss to combine, keeping **potatoes** and **veggies** separate.
- Continue roasting in the **middle** of the oven until all **veggies** are tender.



Finish and serve

- Divide **potatoes** and **veggies** between plates.
- Top **veggies** with **patties**, then drizzle **pan sauce** over **patties**.
- Sprinkle **remaining green onions** over plate.

Dinner Solved!