



Spiced Turkey Tabbouleh with Feta

Calorie Smart

25 Minutes



Turkey Scallopini



Baby Spinach



Feta Cheese,
crumbled



Garlic



Bulgur Wheat



Roma Tomato



Red Onion



Mini Cucumber



Red Wine Vinegar



Parsley



Shawarma Spice
Blend

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust Out

Microplane/zester, measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic	6 g	12 g
Bulgur Wheat	½ cup	1 cup
Roma Tomato	160 g	320 g
Red Onion	56 g	113 g
Mini Cucumber	132 g	264 g
Red Wine Vinegar	1 tbsp	2 tbsp
Parsley	7 g	14 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1 Prep

Cut **tomatoes** into ¼-inch pieces. Cut **cucumbers** into ¼-inch half-moons. Roughly chop **parsley**. Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.



4 Make salad

While **turkey** cooks, combine **vinegar** with **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **spinach, tomatoes** and **cucumbers**, then toss to coat. Stir in **cooked bulgur**, until combined. Season with **salt** and **pepper**.



2 Cook bulgur

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl) then **garlic** and **onions**. Cook, stirring frequently, until soft, 2-3 min. Stir in **bulgur**, then **½ cup water** and **½ tsp salt** (dbl both for 4 ppl). Bring to a boil, then cover and remove from heat. Let stand, until tender and liquid is absorbed, 15-16 min. Fluff with a fork.



5 Finish and serve

Thinly slice **turkey**. Divide **bulgur salad** between plates. Top with **cooked turkey**. Sprinkle **feta** and **parsley** over top.

Dinner Solved!



3 Cook turkey

While **bulgur** cooks, pat **turkey** dry with paper towels. Season both sides with **Shawarma Spice Blend, salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown all over and cooked through, 6-8 min.**