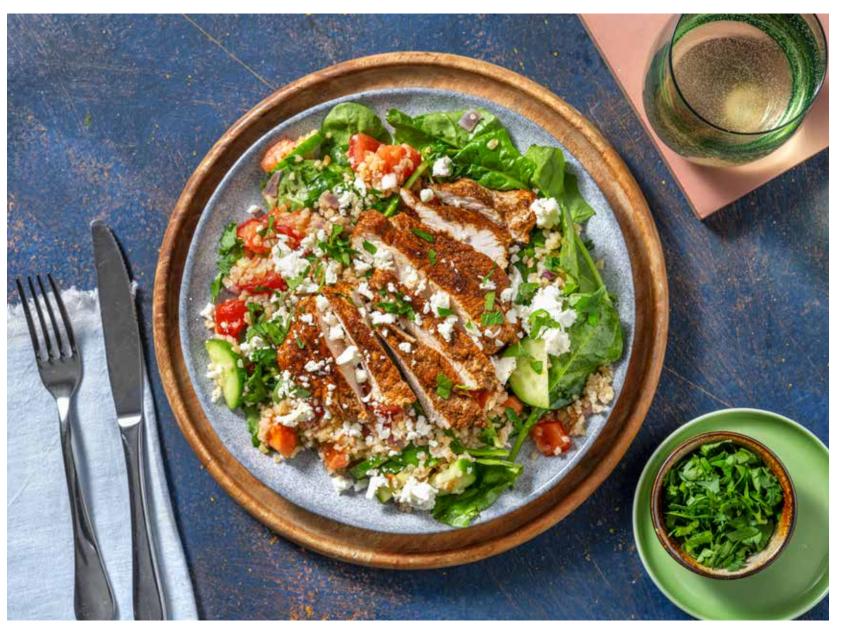


# Spiced Turkey Tabbouleh with Feta

Calorie Smart

25 Minutes







Turkey Scallopini

**Baby Spinach** 





Feta Cheese, crumbled





Garlic

Roma Tomato

Parsley

**Bulgur Wheat** 



**Red Onion** 



Mini Cucumber





Red Wine Vinegar



Blend

Shawarma Spice

HELLO TURKEY

## 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
340 g	680 g
56 g	113 g
1/4 cup	½ cup
6 g	12 g
½ cup	1 cup
160 g	320 g
56 g	113 g
132 g	264 g
1 tbsp	2 tbsp
7 g	14 g
1 tbsp	2 tbsp
	340 g 56 g ½ cup 6 g ½ cup 160 g 56 g 132 g 1 tbsp 7 g

Salt and Pepper\*

## **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.



## 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.



## 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.



## 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.\*\*



#### 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**.



## Finish and serve

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

## **Dinner Solved!**

#### Contact

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<sup>\*</sup> Pantry items

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