



CHEESY MARINARA TURKEY PATTIES

with Zucchini, Tomato & Scallion Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



1 | 2
Zucchini



1 | 2
Tomato



10 oz | 20 oz
Ground Turkey



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



1 TBSP | 2 TBSP
Italian Seasoning



2.5 oz | 5 oz
Marinara Sauce



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

ISRAELI COUSCOUS

Tiny pasta with a nutty flavor
and fun, bouncy texture

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650



EASY DOES IT

When forming patties in Step 2, be gentle and try not to overwork the meat. A light touch means juicy and tender results.

BUST OUT

- Large bowl
- Small pot
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites. Trim and quarter **zucchini** lengthwise; slice crosswise into ½-inch-thick pieces. Dice **tomato** into ½-inch pieces.



4 COOK COUSCOUS

- Meanwhile, in a small pot, combine **couscous, remaining stock concentrates, remaining Italian Seasoning, ¾ cup water (1½ cups for 4 servings), and a pinch of salt**. Bring to a boil, then cover and reduce heat to low; cook until tender, 6-8 minutes.



2 FORM PATTIES

- In a large bowl, combine **turkey***, **garlic, scallion whites, panko, half the mozzarella, half the stock concentrates, 2 tsp Italian Seasoning (4 tsp for 4 servings), a big pinch of salt, and pepper (you'll use the rest of the Italian Seasoning in Step 4)**. Mix gently until thoroughly combined.
- Form **turkey mixture** into 6 1½-inch meatballs (**12 meatballs for 4**). **TIP: Rub your hands with a little oil first to prevent sticking.**



5 COOK ZUCCHINI

- While couscous cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini, salt, and pepper**. Cook, stirring occasionally, until zucchini is browned and tender, 5-7 minutes.
- In the last minute of cooking, stir in **tomato** until warmed through.



3 COOK PATTIES

- Place **meatballs** on a **lightly oiled** baking sheet; press down with your hand to form ½-inch-thick **patties**. Spoon **marinara** evenly over each patty and top with **remaining mozzarella**.
- Bake on top rack until cheese is melted and patties are cooked through, 12-14 minutes.



6 FINISH & SERVE

- Fluff **couscous** with a fork; transfer to pan with **veggies**. Add **half the scallion greens** and a **drizzle of olive oil**. Stir to combine. Taste and season with **salt and pepper**.
- Divide couscous and **turkey patties** between plates. Garnish patties with remaining scallion greens and serve.

*Ground Turkey is fully cooked when internal temperature reaches 165°.