



SPICED TURKEY PATTIES WITH LEMONY SAUCE

plus Tomato Couscous & Sumac-Roasted Veggies

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 | 2
Zucchini



1 | 2
Tomato



1 | 2
Lemon



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



1 tsp | 1 tsp
Sumac



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



10 oz | 20 oz
Ground Turkey



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 TBSP | 2 TBSP
Tunisian Spice
Blend



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



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



HELLO

SUMAC

This deep red Middle Eastern spice
adds a lemony tang.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610



SMASH HIT

Wait to flatten patties until they're in the pan. A spatula + downward force = craggy edges that crisp up beautifully.

BUST OUT

- Zester
- Large bowl
- Baking sheet
- Large pan
- Small pot
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)

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



1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; halve crosswise. Thinly slice each piece into long wedges. Halve, peel, and cut **onion** into ½-inch-thick wedges. Thinly slice **scallions**, separating whites from greens. Mince **garlic**. Dice **tomato** into ½-inch pieces. Zest and quarter **lemon**.



4 PREP & COOK PATTIES

- While couscous cooks, in a large bowl, gently combine **turkey***, **scallion greens**, **Parmesan**, **Tunisian Spice Blend**, **half the garlic**, **remaining stock concentrate**, **¼ tsp salt** (½ tsp for 4 servings), and **pepper**.
- Form **turkey mixture** into 6 1½-inch meatballs (12 meatballs for 4). **TIP: Rub hands with a little oil first to prevent sticking.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **meatballs**; gently press down with a spatula to make ½-inch-thick patties. Cook until browned and cooked through, 2-3 minutes per side. (For 4, cook patties in batches if necessary.)



2 ROAST VEGGIES

- Toss **zucchini** and **onion** on a baking sheet with a **large drizzle of oil**, **half the sumac** (all for 4 servings), **salt**, and **pepper**.
- Roast on middle rack, tossing halfway through, until lightly charred, 15-18 minutes.



5 FINISH COUSCOUS & MIX SAUCE

- To pot with **couscous**, add **tomato**, **lemon zest**, **half the roasted veggies**, and a **squeeze of lemon juice**. Stir to combine; season with **salt** and **pepper**.
- In a small bowl, combine **yogurt**, **remaining garlic**, and **juice from one lemon wedge** (two lemon wedges for 4 servings). Season with a **pinch of salt** and **pepper**.



3 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and **couscous**. Cook, stirring, until scallions are softened and couscous is lightly toasted, 2-3 minutes.
- Stir in **¾ cup water** (1½ cups for 4 servings) and **half the stock concentrates**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Keep covered off heat (you'll finish it in Step 5).



6 SERVE

- Divide **turkey patties** and **couscous mixture** between plates. Top couscous with **remaining roasted veggies**. Drizzle patties with **yogurt sauce**. Serve with **remaining lemon wedges** on the side.