



# Cal Smart Moroccan-Spiced Turkey Bowls

## with Roasted Vegetable Couscous

Calorie Smart

30 Minutes



Turkey Breast Portions



Moroccan Spice Blend



Couscous



Zucchini



Sweet Bell Pepper



Red Onion



Garlic, cloves



Parsley



Lemon



Sour Cream



Garlic Salt

HELLO PARSLEY

*Fresh and green, this herb brings brightness to any dish!*

## Start here

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, measuring spoons, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Garlic, cloves	2	4
Parsley	7 g	14 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
Garlic Salt	1 tsp	2 tsp
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 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.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Prep veggies

- Core, then cut **pepper** into ¼-inch pieces.
- Cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Peel, then cut **half the onion** into ⅛-inch slices (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Add **peppers, zucchini, onions, garlic** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to combine. Set aside.



## Cook couscous

- Meanwhile, add **remaining garlic salt** and **⅔ cup water** (dbl for 4 ppl) to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



## Prep turkey

- Pat **turkey** dry with paper towels.
- Season with **Moroccan Spice Blend, salt** and **pepper**.



## Make lemon-parsley cream

- Meanwhile, finely chop **parsley**.
- Zest **lemon**, then juice **half**. Cut **remaining lemon** into wedges.
- Add **sour cream, parsley, lemon juice** and **lemon zest** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



## Cook turkey and veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Sear until golden-brown, 1-2 min per side.
- Transfer **turkey** to the baking sheet with **veggies**.
- Roast in the **bottom** of the oven until **veggies** are tender-crisp and **turkey** is cooked through, 6-9 min.\*\*
- Transfer **turkey** to a clean cutting board to rest, 2-3 min.



## Finish and serve

- Thinly slice **turkey**.
- Stir **roasted veggies** into **couscous**.
- Divide **couscous** between plates, then top with **turkey**.
- Drizzle with **lemon-parsley cream**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!