



Cal Smart Turkey Pitas

with Lemony Yogurt and Chopped Salad

Calorie Smart

30 Minutes



Turkey Breast Portions



Pita Bread



Lemon



Roma Tomato



Mini Cucumber



Garlic Puree



Spring Mix



Greek Yogurt



Shawarma Spice Blend



Garlic Salt

HELLO GREEK YOGURT

High in protein, creamy and perfect as a base for turkey pitas!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, aluminum foil, large bowl, 2 small bowls, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Pita Bread	2	4
Lemon	1	1
Roma Tomato	80 g	160 g
Mini Cucumber	66 g	132 g
Garlic Puree	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Greek Yogurt	100 ml	200 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ 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

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1 Prep

- Cut **cucumber** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomato** into ½-inch pieces.



2 Cook turkey

- Combine **garlic puree** and **Shawarma Spice Blend** in a small bowl.
- Pat **turkey** dry with paper towels. Season with **¾ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side.
- Transfer **turkey** to an unlined baking sheet. Spread **shawarma spice mixture** over **tops of turkey**.
- Bake in the **middle** of the oven until cooked through, 8-10 min.**



3 Warm pitas

- Meanwhile, pat **pitas** on both sides with damp paper towels.
- Wrap in foil, then bake in the **top** of the oven until warmed through, 5-6 min. (**TIP:** Patting pitas with damp paper towels before wrapping in foil adds a bit of steam to make pitas pliable!)



4 Make lemony yogurt

- Meanwhile, add **yogurt**, **lemon zest** and **2 tbsp water** (dbl for 4 ppl) to another small bowl.
- Season with **salt** and **pepper**, then stir until smooth.



5 Make salad

- Add **remaining garlic salt**, **½ tsp lemon juice**, **¼ tsp sugar** and **2 tsp oil** (dbl all for 4 ppl) to a large bowl. Season with **pepper**, then whisk to combine.
- Add **tomatoes**, **cucumbers** and **spring mix**, then toss to combine.



6 Finish and serve

- Thinly slice **turkey**.
- Spread **lemony yogurt** over **tops of pitas**. Top with **turkey** and **some salad**.
- Serve **remaining salad** on the side.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!