



Sheet Pan Mediterranean Turkey

with Chickpeas, Veggies and Lemony Yogurt

Carb Smart

30 Minutes



Turkey Scallopini



Chickpeas



Baby Tomatoes



Greek Yogurt



Zucchini



Lemon



Mediterranean Spice Blend



Garlic Salt

HELLO CHICKPEAS

High in fibre, low in carbs, and perfect in this carb-smart supper!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 baking sheets, measuring spoons, strainer, zester, small bowl, paper towels

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Chickpeas	370 ml	740 ml
Baby Tomatoes	113 g	227 g
Greek Yogurt	50 g	100 g
Zucchini	200 g	400 g
Lemon	1	1
Mediterranean Spice Blend	1 tbsp	2 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 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast chickpeas

Drain and rinse **chickpeas**, then pat dry with paper towels. Toss **chickpeas** with **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **pepper**. Roast **chickpeas** in the **middle** of the oven, stirring halfway through cooking, until golden brown, 24-26 min.



Prep and make lemony yogurt

While **chickpeas** roast, cut **zucchini** into ½-inch rounds. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **half the yogurt** (use all the yogurt for 4 ppl), **lemon zest** and **½ tbsp lemon juice** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Season veggies

Add **zucchini, tomatoes, half the Mediterranean Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to one side of another baking sheet. Season with **salt** and **pepper**, then toss to combine.



Roast turkey

Pat **turkey** dry with paper towels. Season with **remaining garlic salt** and **remaining Mediterranean Spice Blend**. Season with **pepper**. Place on the other side of the baking sheet with **veggies**. Roast in the **top** of the oven, until **veggies** are tender and **turkey** is cooked through, 12-14 min.**



Finish and serve

Thinly slice **turkey**. Divide **turkey, chickpeas** and **veggies** between plates. Dollop **lemony yogurt** over **turkey**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!