



GLAZED GINGERY TURKEY PATTIES

with Mushroom Teriyaki & Carrot-Zucchini Jumble

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 | 2
Onion



1 | 2
Zucchini



1 Thumb | 2 Thumbs
Ginger



4 oz | 8 oz
Button Mushrooms



10 oz | 20 oz
Ground Turkey



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



0.5 oz | 1 oz
Gochujang Sauce
Contains: Soy,
Wheat



1 TBSP | 1 TBSP
Cornstarch



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



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HELLO

GOCHUJANG

This Korean soy and chili paste adds delicious complexity and sweet heat to the glaze.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 530



EASY DOES IT

When forming your meatballs in Step 4, be gentle and try not to overwork the meat. Using a light touch will make for juicy, tender results.

BUST OUT

- Peeler
- Large pan
- Baking sheet
- Whisk
- Large bowl
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk

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1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince one or two wedges until you have 1 TBSP (2 TBSP for 4 servings). Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.



2 ROAST VEGGIES

- On a baking sheet, toss **carrots** and **onion wedges** with a **drizzle of oil, salt,** and **pepper.** Roast on top rack until lightly browned, 10 minutes.
- Once veggies have roasted 10 minutes, remove sheet from oven. Carefully add **zucchini** and a **pinch of salt;** toss to combine.
- Return to top rack and roast until browned and tender, 15-20 minutes more.



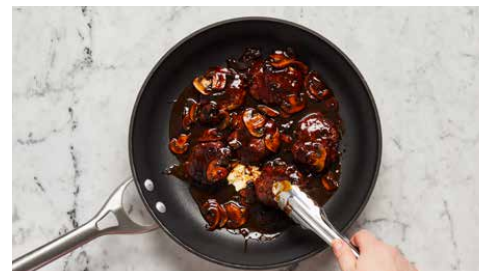
3 FINISH PREP

- While veggies roast, peel and mince or grate **ginger** until you have ½ tsp (1 tsp for 4 servings). Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!).



4 COOK PATTIES

- In a large bowl, combine **turkey***, **minced onion,** **minced ginger,** ½ tsp salt (1 tsp for 4 servings), and **pepper.** Mix gently until thoroughly combined. Form 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 form ½-inch-thick patties. Cook until browned and cooked through, 2-3 minutes per side (for 4, you may need to work in batches).
- Turn off heat; transfer **patties** to a plate. Wipe out pan and let cool for 1 minute.



5 MAKE SAUCE & COAT PATTIES

- Heat a **drizzle of oil** in same pan over medium heat. Add **mushrooms** and cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes.
- While mushrooms cook, whisk together **sweet soy glaze, gochujang, half the cornstarch,** and ½ cup water (all the cornstarch and 1 cup water for 4 servings) in a small bowl.
- Once mushrooms are done, add **soy-gochujang mixture** and cook, stirring constantly, until thickened, 1-2 minutes. Add **cooked turkey patties** and ½ TBSP **butter** (1 TBSP for 4); turn patties to evenly coat. Taste and season with **salt** and **pepper** if desired.



6 SERVE

- Divide **veggie jumble** and **glazed turkey patties** between plates in separate sections.
- Spoon any **remaining sauce** over patties and sprinkle with as many **sesame seeds** as you like. Serve.

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