



SPICE IS NICE TURKEY COUSCOUS BOWLS

with Za'atar Roasted Veggies, Lemony Garlic Sauce & Almonds

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 2
Zucchini



1 TBSP | 1 TBSP
Za'atar Spice
Contains: Sesame



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



1 | 1
Lemon



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Ground Turkey



1 TBSP | 2 TBSP
Turkish Spice Blend



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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HELLO

ZA'ATAR

Spice blend of herby thyme, nutty sesame seeds, and tart sumac

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 670



FLAVOR SAVER

In Step 5, we suggest you add water and scrape up the browned bits from the pan. Why? It's the best way to maximize flavor!

BUST OUT

- Peeler
 - Small bowl
 - Baking sheet
 - Zester
 - Small pot
 - Large pan
-
- Kosher salt
 - Black pepper
 - Olive oil (1 TBSP | 1 TBSP)
 - Cooking oil (1 tsp | 1 tsp)

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1 START PREP & ROAST VEGGIES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Quarter **zucchini** lengthwise; slice crosswise into ½-inch-thick pieces. Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**).
- Toss zucchini and carrots on a baking sheet with a **large drizzle of olive oil**, **half the Za'atar Spice** (all for 4 servings), **salt**, and **pepper**. (**TIP: For easy cleanup, line sheet with aluminum foil first.**) Roast on top rack until browned and tender, 18-22 minutes.



4 MAKE SAUCE

- To bowl with **reserved garlic**, add **sour cream** and a **pinch of lemon zest** (**big pinch for 4 servings**). Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.



2 COOK COUSCOUS

- Meanwhile, in a small pot, combine **couscous**, **stock concentrate**, **1 cup water** (**2 cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



5 COOK TURKEY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **scallion whites** and a **pinch of salt**; cook, stirring, until fragrant, 1 minute.
- Add **turkey***, **Turkish Spice Blend**, **half the soy sauce** (all for 4 servings), and **remaining garlic**. Cook, breaking meat up into pieces, until turkey is cooked through, 4-6 minutes. Season with **salt** and **pepper** to taste. **TIP: Near the end of cooking, stir in a splash of water and scrape up browned bits from bottom of pan to ensure turkey is saucy and flavorful!**



3 FINISH PREP

- Peel and mince or grate **garlic**; reserve a pinch in a small bowl. Zest and quarter **lemon**. Trim and thinly slice **scallions**, separating whites from greens.



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **roasted veggies**, a **squeeze of lemon juice** (**two squeezes for 4 servings**), and a **drizzle of olive oil**. Taste and season with **salt** and **pepper**.
- Divide couscous between bowls; top with **turkey**. Drizzle with **sauce** and garnish with **almonds** and **scallion greens**. Serve with any **remaining lemon wedges** on the side.

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