



TURKEY & GREEK SALAD LETTUCE WRAPS

topped with Feta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Mini Cucumber



1 | 2
Tomato



1 | 2
Red Onion



2 Cloves | 4 Cloves
Garlic



1 | 2
Baby Lettuce



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



10 oz | 20 oz
Ground Turkey



1 TBSP | 2 TBSP
Turkish Spice Blend



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



1/2 Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast
Calories: 470



10 oz | 20 oz
Ground Beef**
Calories: 650



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 510



HELLO FRESH

HELLO

TURKISH SPICE BLEND

A warm and savory blend of cumin, garlic, coriander, and chili

SERVE NOTICE

Wait until just before serving to fill lettuce wraps so they don't get soggy. Or serve fillings in individual bowls and let everyone assemble at the table!

BUST OUT

- Medium bowl • Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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

🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP

- **Wash and dry produce.**
- Trim and quarter **cucumber** lengthwise; slice crosswise into ½-inch pieces. Dice **tomato** into ½-inch pieces. Halve, peel, and finely chop **onion**. Peel and mince or grate **garlic**. Trim and discard root end from **lettuce**; separate leaves.



3 COOK TURKEY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **remaining onion** and a **pinch of salt**; cook, stirring, until slightly softened, 2-3 minutes.
- Add **turkey***, **Turkish Spice Blend**, **garlic**, and **half the soy sauce (all for 4 servings)**. Cook, breaking meat up into pieces, until turkey is cooked through, 4-6 minutes. Season with **salt** and **pepper** to taste. **TIP: Stir in a splash of water near the end of cooking to make sure your turkey is nice and saucy!**

- 🍳 Open package of **chicken*** and drain off any excess liquid. Cook through this step as instructed, swapping in chicken (**no need to break up into pieces!**) or **beef*** for turkey.



2 MAKE SALAD

- In a medium bowl, combine **cucumber**, **tomato**, **2 TBSP onion (4 TBSP for 4 servings; you'll use the rest later)**, and **vinaigrette**. Toss to coat.



4 SERVE

- Divide **lettuce** between plates. Fill with **turkey** and **salad**. Spoon any **remaining vinaigrette** from bowl over top. Garnish **wraps** with **feta** and serve.

WK 21-25