



# SPICED TURKEY & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Lemon Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lemon



1 | 2  
Zucchini



1 | 2  
Onion



1 Clove | 2 Cloves  
Garlic



1/2 Cup | 1 Cup  
Basmati Rice



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Ground Turkey



1 TBSP | 2 TBSP  
Tunisian Spice  
Blend



1 | 2  
Chickpeas



3 | 6  
Chicken Stock  
Concentrates



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



## HelloCustom

2 PERSON | 4 PERSON

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



12 oz | 24 oz  
Cauliflower Rice

Calories: 780



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



HELLO

## TAGINE

This traditional North African stew is simmered with warm, earthy spices for tons of flavor.

### THE RIGHT FLUFF

Fluffing rice right before serving is essential! Using a fork helps each grain keep its texture, yielding lighter results.

### BUST OUT

- Zester
- Small bowl
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)  
(1 tsp | 1 tsp) ⚡
- Butter (1 TBSP | 2 TBSP) ⚡  
Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

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### 1 PREP

- **Wash and dry produce.**
- Zest and quarter **lemon**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick quarter-moons. Halve, peel, and thinly slice **onion**. Peel and mince or grate **garlic**.



### 4 COOK ZUCCHINI

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**; cook, stirring occasionally, until lightly browned, 2-3 minutes.
- Transfer to a plate; wipe out pan.



### 2 MAKE RICE

- In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer.
- Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- ⚡ Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice** (no need to drain), a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Remove from heat. Stir in **1 TBSP butter** (2 TBSP for 4 servings). (Save basmati rice for another use.)



### 5 SIMMER TAGINE

- Heat a **drizzle of oil** in pan used for zucchini over medium-high heat. Add **turkey\***, **onion**, and **Tunisian Spice Blend**; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Add **garlic** and **zucchini**; cook, stirring, until fragrant, 30-60 seconds.
- Stir in **chickpeas and their liquid** and **stock concentrates**; cook until liquid has reduced by half, 2-3 minutes more.
- Remove from heat and stir in a **squeeze of lemon juice** (big squeeze for 4 servings). Taste and season with **salt** and **pepper** if desired.



### 3 MAKE CREMA

- Meanwhile, in a small bowl, combine **sour cream**, a **squeeze of lemon juice** (big squeeze for 4 servings), a **pinch of salt**, and as much **lemon zest** as you like.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with **salt** and **pepper** if desired.



### 6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice between plates. Top with **tagine** and drizzle with **lemon crema**. Serve with **remaining lemon wedges** on the side.

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