



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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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

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Ground Beef**

Calories: 810



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 690



HELLO

ZA'ATAR

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

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

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 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.

Ground Beef is fully cooked when internal temperature reaches 160.

Swap in **beef*** for turkey.