



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(s) | 2 Clove(s)
Garlic



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Tunisian Spice Blend



1 | 2
Chickpeas



½ Cup(s) | 1 Cup(s)
Basmati Rice



3 | 6
Chicken Stock Concentrates



10 oz | 20 oz
Ground Turkey



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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: 800



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 880



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
- Cooking Oil
- Black Pepper

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. (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 Poultry is fully cooked when internal temperature reaches 165°.