MIDDLE EASTERN-SPICED TURKEY BOWLS

with Bulgur, Zucchini & Cilantro Yogurt

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 620

INGREDIENTS

2 PERSON | 4 PERSON

- **1 Clove | 2 Cloves** Garlic
- **4 oz | 8 oz** Grape Tomatoes
- **1 | 2** Zucchini
- **1 | 1** Yellow Onion
- **1 | 2** Lemon
- **¼ oz | ¼ oz** Cilantro
- **½ Cup | 1 Cup** Bulgur Wheat — Contains: Wheat
- **1 TBSP | 2 TBSP** Tunisian Spice Blend
- **2 | 4** Chicken Stock Concentrates
- **10 oz | 20 oz** Ground Turkey**
- **1 tsp | 2 tsp** Ground Cumin
- **1.5 oz | 3 oz** Tomato Paste
- **2 TBSP | 4 TBSP** Yogurt — Contains: Milk

** 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.

HELLO

BULGUR WHEAT

An ancient grain with nutty flavor, mixed here with tomatoes and Tunisian Spice Blend for a hearty bowl base.

HFRC_50.25_R15580A_MIDDLE EASTERN-SPICED TURKEY BOWLS.indd 1 11/23/21 11:02 AM

HELLO FRESH

ZEST FRIENDS

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the surface layer from the lemon, then mince it.

BUST OUT

- Zester
- Small pot
- Large pan
- Aluminum foil
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Sugar (**1 tsp** | **2 tsp**)

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663

HelloFresh.com

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

1 PREP

- **Wash and dry produce.**
- Peel and mince or grate **garlic**. Halve **tomatoes**. Trim and dice **zucchini** into ½-inch pieces. Halve, peel, and finely dice **half the onion** (whole onion for 4 servings). Zest and quarter **lemon**. Pick **cilantro leaves** from stems; finely chop leaves.

2 COOK BULGUR

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**, **bulgur**, and **½ tsp Tunisian Spice** (1 tsp for 4 servings). (You'll use the rest of the Tunisian Spice later.) Cook, stirring, until fragrant, 1-2 minutes.
- Add **half the tomatoes**; cook, stirring, until softened, 1-2 minutes.
- Stir in **half the stock concentrates**, **1 cup water** (2 cups for 4), and **salt** (we used ¼ tsp; ½ tsp for 4). Bring to a boil, then reduce to a low simmer. Cook until bulgur is tender and liquid has absorbed, 12-15 minutes.
- Keep covered off heat until ready to serve. Taste and season with **salt** and **pepper**.

3 COOK ZUCCHINI

- While bulgur cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and season with **salt** and **pepper**. Cook, stirring often, until browned and tender, 4-7 minutes.
- Transfer to a plate and tent with foil.

4 COOK TURKEY

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **diced onion** and cook, stirring, until softened, 4-5 minutes.
- Add **turkey***, **cumin**, **remaining Tunisian Spice**, and a **pinch of salt and pepper**. Cook, breaking up meat into pieces, until browned, 3-4 minutes.
- Add **remaining tomatoes** and cook until slightly softened and turkey is cooked through, 2-3 minutes.

5 MAKE SAUCE

- Stir **tomato paste**, **juice from half the lemon wedges**, **remaining stock concentrates**, **½ cup water** (¾ cup for 4 servings), and **1 tsp sugar** (2 tsp for 4) into pan with **turkey mixture**. Bring to a boil, then reduce heat to low; cook until slightly thickened, 1-2 minutes.
- Remove from heat; season with **salt** and **pepper**. Add another **squeeze of lemon juice** if desired.

6 MIX YOGURT & SERVE

- In a small bowl, combine **yogurt**, **cilantro**, and a **pinch of lemon zest**. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches drizzling consistency.
- Divide **bulgur** and **turkey mixture** between bowls in separate sections. Top with **zucchini**. Drizzle with **cilantro yogurt** and serve with any **remaining lemon wedges** on the side.

WK 50-25