



# Sheet Pan Mediterranean Turkey

with Chickpeas, Veggies and Lemony Yogurt

Carb Smart

30 Minutes



Turkey Scallopini



Chickpeas



Baby Tomatoes



Greek Yogurt



Zucchini



Lemon



Mediterranean  
Spice Blend



Garlic Salt

HELLO CHICKPEAS

*High in fibre, low in carbs, and perfect in this carb smart supper!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

2 baking sheets, medium bowl, measuring spoons, strainer, zester, small bowl, paper towels

## Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Chickpeas	370 ml	740 ml
Baby Tomatoes	113 g	227 g
Greek Yogurt	50 g	100 g
Zucchini	200 g	400 g
Lemon	1	1
Mediterranean Spice Blend	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Roast chickpeas

Drain and rinse **chickpeas**. Pat dry with paper towels. Toss **chickpeas** with **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **pepper**. Roast **chickpeas** in the **middle** of the oven, stirring halfway through cooking, until golden brown, 24-26 min.



## Prep and make lemony yogurt

While **chickpeas** roast, cut **zucchini** into ½-inch rounds. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **half the yogurt** (use all the yogurt for 4 ppl), **lemon zest** and **½ tbsp lemon juice** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



## Season veggies

Add **zucchini, tomatoes, half the Mediterranean Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to one side of another baking sheet. Season with **salt** and **pepper**, then toss to combine.



## Roast turkey

Pat **turkey** dry with paper towels. Season with **remaining garlic salt** and **remaining Mediterranean Spice Blend**. Season with **pepper**. Place on the other side of the baking sheet with **veggies**. Roast in the **top** of the oven, until **veggies** are tender and **turkey** is cooked through, 12-14 min. \*\*



## Finish and serve

Thinly slice **turkey**. Divide **turkey, chickpeas** and **veggies** between plates. Dollop **lemony yogurt** over **turkey**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!