



Turkish Lamb Patties

with Couscous

30 Minutes



Ground Lamb



Turkish Spice Blend



Panko Breadcrumbs



Parsley



Zucchini



Sweet Bell Pepper



Pepitas



Garlic



Couscous



White Wine Vinegar

HELLO TURKISH SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

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

Bust Out

Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Turkish Spice Blend	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Parsley	7 g	14 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Pepitas	28 g	56 g
Garlic	6 g	12 g
Couscous	½ cup	1 cup
White Wine Vinegar	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

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.

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Prep and make dressing

Core, then cut **pepper** into ½-inch slices. Cut the **zucchini** into ½-inch rounds. Roughly chop **parsley**. Peel, then mince the **garlic**. Whisk together **2 tbsp oil**, **¼ tsp garlic** (dbl both for 4 ppl) and **half the vinegar** (use all for 4 ppl) and **half the parsley** in a small bowl. Season with **salt** and **pepper**. Set aside.



Mix lamb patties

While the **veggies** roast, combine **lamb**, panko, **remaining garlic**, **remaining Turkish Spice Blend**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl. Divide **mixture** into **6 equal portions** (12 portions for 4 ppl). Roll **each portion** into a ball, then flatten into ¼-inch thick **patties**.



Cook couscous

Add **¾ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add the **couscous**. Stir together. Cover and let stand for 5 min.



Cook patties

Heat a large non-stick pan over medium heat. When hot, add **½ tsp oil**, then **patties**. Pan-fry, until golden-brown, 3-5 min.** (**NOTE:** Cook patties in 2 batches for 4 ppl, using ½ tsp oil for each batch!)



Roast veggies

While couscous cooks, toss the **peppers**, **zucchini**, **1 tbsp oil** and **1 tsp Turkish Spice Blend** (dbl both for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, tossing **veggies** halfway through cooking, until golden-brown, 12-15 min.



Finish and serve

Fluff the **couscous** with a fork and stir in the **pepitas** and **remaining parsley**. Season with **salt**. Divide the **couscous**, **roasted veggies** and **lamb patties** between plates. Spoon the **parsley-garlic dressing** over top.

Dinner Solved!