



Smart Buffalo-Inspired Turkey Patties

with Hot Honey and Yogurt Sauce

Smart Meal

Spicy

30 Minutes

Customized Protein

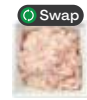
+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Chicken
250g | 500g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Spring Mix
113 g | 227 g



Ciabatta Roll
1 | 2



Baby Tomatoes
113 g | 227 g



Mini Cucumber
1 | 2



Chives
7 g | 14 g



Panko Breadcrumbs
3 tbsp | 6 tbsp



Hot Sauce
2 tbsp | 4 tbsp



Yogurt Sauce
3 tbsp | 6 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Honey
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 large bowls, measuring spoons, medium non-stick pan, 2 small bowls

1



Prep

- Before starting, wash and dry all produce.

- Halve **tomatoes**.
- Thinly slice **cucumber**.
- Thinly slice **chives**.
- Cut or tear **ciabatta** into ½-inch peices.
- Add **yogurt sauce** and **half the chives** to a small bowl. Season with **salt** and **pepper**. Stir to combine.
- Add **vinegar**, ¼ **tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Stir to mix. This is your **salad dressing**.

4



Cook patties

- Reheat the same pan over medium heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil** then **patties**. Cook until golden and cooked through, 2-3 min per side.**
- Remove from heat. Drizzle **honey** and **remaining hot sauce** over **patties**. Flip to coat.

2



Make ciabatta croutons

- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 30 sec. Add **ciabatta**. Cook, stirring often, until croutons are golden-brown and crispy. 4-5 min.
- Remove from heat. Season with **half the Zesty Garlic Blend**, **salt** and **pepper**. Transfer **croutons** to another small bowl. Wipe out pan.

5



Finish and serve

- Add **tomatoes**, **cucumber**, **spring mix** and **half the croutons** to the bowl with **dressing**. Toss to coat.
- Divide **salad** and **patties** between plates. Top **salad** with **remaining croutons**.
- Dollop **yogurt sauce** over **patties**.

3



Form patties

🔄 Swap | **Ground Chicken**

🔄 Swap | **Beyond Meat®**

- Add **half the panko** (use all for 4 ppl), **turkey**, **half the hot sauce**, **remaining chives** and **remaining Zesty Garlic Blend** to another large bowl. Season with **salt** and **pepper**, then combine.
- Form **mixture** into **6** (12) **2-inch-wide patties**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Form patties

🔄 Swap | **Ground Chicken**

If you've opted to get **chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **turkey**.**

3 | Form Beyond Meat® patties

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **turkey**.**

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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