



# Cal Smart Asian-Style Turkey Patties

## with Rice, Salad and Honey-Sesame Dressing

Smart Meal 20 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)



<b>↻</b> Swap	<b>↻</b> Swap
Ground Pork 250 g   500 g	Beyond Meat® 2   4
Ground Turkey 250 g   500 g	Jasmine Rice ¾ cup   1 ½ cups
Panko Bread crumbs ¼ cup   ½ cup	Baby Tomatoes 113 g   227 g
Spring Mix 56 g   113 g	Radish 3   6
Ketchup 2 tbsp   4 tbsp	Sesame Seeds 1 tbsp   2 tbsp
Rice Vinegar 1 tbsp   2 tbsp	Honey 1   2
Sesame Oil 1 tbsp   2 tbsp	Worcestershire Sauce 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.

1



### Cook rice and prep

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Once **water** is boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.
- Meanwhile, halve **tomatoes**.
- Halve **radishes** lengthwise, then cut into thin half-moons.

4



### Cook patties

- Reheat the same pan (from step 2) over medium-high.
- When the pan is hot, add **half the sesame oil**, then **patties**.
- Pan-fry until cooked through, 3-4 min per side.\*\*

2



### Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan.
- Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted sesame seeds** to a plate.

5



### Make sauce and salad

- Meanwhile, combine **ketchup**, **remaining Worcestershire sauce**, **half the honey** and **3 tbsp** (6 tbsp) **water** in a small bowl. (**NOTE:** This is your sauce for step 6.)
- Add **vinegar**, **half the sesame seeds**, **remaining honey** and **remaining sesame oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your salad dressing!)
- Add **spring mix**, **radishes** and **tomatoes** to the bowl with **salad dressing**, then toss to combine.

3



### Form patties

Swap | Ground Pork

Swap | Beyond Meat®

- Add **turkey**, **panko**, **half the Worcestershire sauce** and ¼ tsp (½ tsp) **salt** to a medium bowl, then combine. Season with **pepper**.
- Form mixture into **4 equal-sized patties** (8 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal! In step 4, you can carefully re-shape patties when cooking.)

6



### Glaze patties and serve

- Reduce heat to medium-low.
- Add prepared **sauce** (from step 5) to the pan. Cook, until **sauce** thickens slightly and **patties** are well coated, 1 min.
- Remove from heat.
- Fluff **rice** with a fork, then stir in **remaining sesame seeds**.
- Divide **rice**, **patties** and **salad** between plates.
- Spoon **any remaining sauce** over **patties**.

Measurements within steps

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

### 3 | Form patties

Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **turkey**\*\*

### 3 | Form Beyond Meat® patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, skip instructions to form **patties**. Save **half the Worcestershire sauce** and **panko** for another use. Cook **patties** the same way the recipe instructs you to cook and the **turkey patties**\*\*



Issue with your meal? Scan the QR code to share your feedback.

\*\* Cook to a minimum internal temperature of 74°C/165°F.