



Cal Smart Moroccan-Spiced Turkey Bowl with Roasted Vegetable Couscous

Calorie Smart

30 Minutes



Turkey Breast
Portions



Moroccan Spice
Blend



Couscous



Zucchini



Sweet Bell
Pepper



Red Onion



Garlic



Parsley



Lemon



Sour Cream

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

Start here

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, microplane/zester, medium pot, parchment paper, large non-stick pan, paper towels, measuring spoons, measuring cups

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Garlic	6 g	12 g
Parsley	7 g	14 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep veggies

Core, then cut **pepper** into ¼-inch pieces. Cut **zucchini** in half lengthwise, then into ½-inch half-moons. Peel, then cut **half the onion** into ⅛-inch slices (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Add **peppers, zucchini, onions, garlic** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Set aside.



Cook couscous

While **turkey** cooks, add ⅔ **cup water** and ¼ **tsp salt** (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 **couscous**. Stir to combine. Cover and let stand for 5 min.



Prep turkey

Pat **turkey** dry with paper towels. Season with **Moroccan Spice Blend, salt** and **pepper**.



Make lemon-parsley cream

While **couscous** cooks, finely chop **parsley**. Zest, then juice **lemon**. Add **sour cream, parsley, lemon juice** and **lemon zest** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



Roast turkey and veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Sear until golden-brown, 1-2 min per side. Transfer **turkey** to the baking sheet with **veggies**. Bake in the **bottom** of the oven until **veggies** are tender-crisp and **turkey** is cooked through, 6-9 min.** Transfer **turkey** to a clean cutting board to rest, 2-3 min.



Finish and serve

Thinly slice **turkey**. Stir **roasted veggies** into **couscous**. Divide **couscous** between plates, then top with **turkey**. Drizzle **lemon-parsley cream** over top.

Dinner Solved!