



# Cal Smart Spiced Turkey Tabbouleh with Feta

Calorie Smart

Quick

25 Minutes



Turkey Breast Portions



Baby Spinach



Feta Cheese, crumbled



Garlic, cloves



Bulgur Wheat



Roma Tomato



Red Onion



Red Wine Vinegar



Shawarma Spice Blend



Parsley



Vegetable Broth Concentrate

HELLO FETA

*A salty, briny cheese with a crumbly texture!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic, cloves	2	4
Bulgur Wheat	½ cup	1 cup
Roma Tomato	160 g	320 g
Red Onion	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	7 g
Vegetable Broth Concentrate	1	2
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 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.*

### Contact

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### Prep

- Cut **tomatoes** into ¼ inch pieces.
- Roughly chop **parsley**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Peel, then mince or grate **garlic**.



### Make tabbouleh

- Meanwhile, add **vinegar** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **spinach**, **tomatoes** and **bulgur**, then toss to combine.



### Cook bulgur

- Heat a medium pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic** and **onions**. Cook, stirring frequently, until soft, 2-3 min.
- Stir in **bulgur**, then **¾ cup water**, **½ tsp salt** (dbl both for 4 ppl) and **broth concentrate**. Bring to a boil.
- Once boiling, cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



### Finish and serve

- Thinly slice **turkey**.
- Divide **tabbouleh** between plates. Top with **turkey**.
- Sprinkle **feta** and **parsley** over top.

## Dinner Solved!



### Cook turkey

- Meanwhile, pat **turkey** dry with paper towels. Season with **Shawarma Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown all over and cooked through, 6-8 min.\*\*