

# Cal Smart Sweet Soy Turkey Patties

with Roasted Veggies and Sweet Potato Wedges

Calorie Smart 30 Minutes



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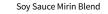


Minced Turkey





Sweet Bell Pepper





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Sweet Potato

Garlic, cloves





Lime

Green Onions



Panko Breadcrumbs

A Japanese sweet rice wine that adds a subtle hit of acidity to sauces!

## Start here

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

### Bust out

Baking sheet, medium bowl, measuring spoons, zester, parchment paper, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Sweet Potato	340 g	680 g
Garlic, cloves	2	4
Green Onions	2	4
Lime	1	1
Panko Breadcrumbs	¼ cup	½ cup
Oil*		
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Salt and Pepper\*

\* Pantry items

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

#### 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.

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#### Prep

Cut **zucchini** into 1-inch pieces. Core, then cut **pepper** into 1-inch pieces. Cut **sweet potatoes** into ½-inch wedges. Thinly slice **green onions**, keeping green and white parts separate. Peel, then mince or grate **garlic**. Zest, then juice **half the lime** (whole lime for 4 ppl). Combine **turkey**, **panko**, **1 tsp soy sauce mirin blend**, ¼ **tsp salt** and ¼ **tsp pepper** (dbl all for 4 ppl) in a medium bowl. Form **mixture** into **4 equal-sized patties** (8 patties for 4 ppl).



#### **Roast veggies**

Add **peppers**, **zucchini** and **1 tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Add **sweet potato** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until **veggies** are tender, 22-24 min.



#### Prep sauce

Stir together **remaining soy sauce mirin blend**, **1 tsp lime juice** and **1 tbsp water** (dbl both for 4 ppl) in a small bowl.



#### Cook patties

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **patties**. Cook until golden-brown, 2-3 min per side. Transfer **patties** to a plate. (NOTE: Patties will continue cooking in the next step!)



Make sauce

Reduce heat to medium, then add **green** onion whites to the same pan. Cook, stirring constantly, until golden, 1-2 min. Add **garlic**. Cook, stirring constantly, until fragrant, 30 sec. Add **sauce** and **patties**, including any **juices** from the plate. Cook, stirring often, until **sauce** thickens slightly and **patties** are cooked through, 3-5 min.\*\* (TIP: Add 1 tbsp water to the pan if sauce thickens too quickly.)



## Finish and serve

Add **lime zest** to **zucchini** and **peppers**, then stir to combine. Divide **veggies** and **patties** between plates. Drizzle **pan sauce** over **patties**. Sprinkle **remaining green onions** over top.

## **Dinner Solved!**