



Cal Smart Sweet Soy Turkey Patties

with Roasted Veggies and Sweet Potato Wedges

Calorie Smart

30 Minutes



Minced Turkey



Zucchini



Sweet Bell Pepper



Soy Sauce Mirin Blend



Sweet Potato



Garlic, cloves



Green Onion



Lime



Panko Breadcrumbs

HELLO MIRIN

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 Onion	2	2
Lime	1	1
Panko Breadcrumbs	¼ cup	½ cup
Oil*		
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.

Contact

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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).



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tsp 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!)



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 potatoes** 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.



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.)



Prep sauce

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



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!