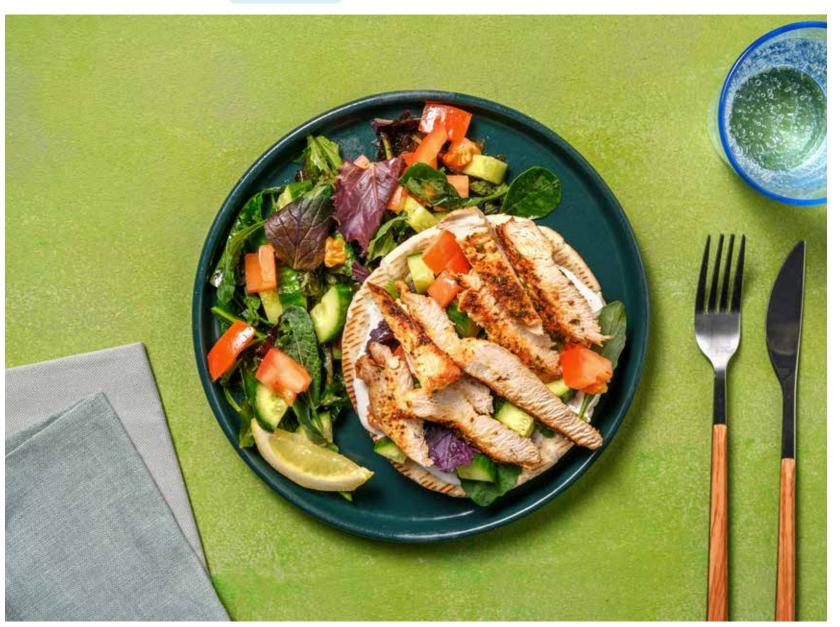


Cal Smart Turkey Pitas

with Lemony Yogurt and Chopped Salad

Calorie Smart

30 Minutes







Turkey Breast



Portions







Lemon

Roma Tomato







Mini Cucumber Garlic Puree





Spring Mix



Greek Yogurt



Shawarma Spice Blend



Garlic Salt

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, aluminum foil, large bowl, 2 small bowls, whisk, large non-stick pan,

Inaredients

9		
	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Pita Bread	2	4
Lemon	1	1
Roma Tomato	80 g	160 g
Mini Cucumber	66 g	132 g
Garlic Puree	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Greek Yogurt	100 ml	200 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	1/4 tsp	½ tsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Alleraens

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 cucumber into ½-inch pieces.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Cut tomato into 1/2-inch pieces.



Make lemony yogurt

- Meanwhile, add yogurt, lemon zest and 2 tbsp water (dbl for 4 ppl) to another small bowl.
- Season with salt and pepper, then stir until smooth.



Cook turkey

- · Combine garlic puree and Shawarma **Spice Blend** in a small bowl.
- Pat turkey dry with paper towels. Season with 3/4 tsp garlic salt (dbl for 4 ppl) and pepper.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tsp oil (dbl for 4 ppl), then turkey. Cook until golden-brown, 1-2 min per side.
- Transfer turkey to an unlined baking sheet. Spread **shawarma spice mixture** over **tops** of turkey.
- Bake in the middle of the oven until cooked through, 8-10 min.**



Warm pitas

- Meanwhile, pat pitas on both sides with damp paper towels.
- Wrap in foil, then bake in the **top** of the oven until warmed through, 5-6 min.

(TIP: Patting pitas with damp paper towels before wrapping in foil adds a bit of steam to make pitas pliable!)



Make salad

- Add remaining garlic salt, 1/2 tbsp lemon juice, 1/4 tsp sugar and 2 tsp oil (dbl all for 4 ppl) to a large bowl. Season with **pepper**, then whisk to combine.
- Add tomatoes, cucumbers and spring mix, then toss to combine.



Finish and serve

- Thinly slice turkey.
- Spread lemony yogurt over tops of pitas. Top with **turkey** and **some salad**.
- Serve remaining salad on the side.
- Squeeze a **lemon wedge** over top, if desired.

