



Cal Smart Turkey Shawarma

with Lemony Yogurt and Chopped Salad

Calorie Smart

30 Minutes



Turkey Breast Portions



Pita Bread



Lemon



Baby Tomatoes



Mini Cucumber



Garlic Puree



Spring Mix



Greek Yogurt



Shawarma Spice Blend

HELLO GREEK YOGURT

High in protein, creamy and perfect as a base for turkey shawarma!

Start here

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

Garlic Guide for Step 4:

- Mild: ½ tsp
- Extra: ½ tsp
- Medium: ¼ tsp

Bust out

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

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Pita Bread	2	4
Lemon	1	1
Baby Tomatoes	113 g	227 g
Mini Cucumber	66 g	132 g
Garlic Puree	¼ tsp	½ tsp
Spring Mix	56 g	113 g
Greek Yogurt	100 ml	200 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
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

Halve **tomatoes**. Cut **cucumber** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Make lemony yogurt

While **pitats** warm, add **yogurt, lemon zest, 1 tsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic puree** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt and pepper**, then stir to combine.



Cook turkey

Pat **turkey** dry with paper towels. Season with **salt, pepper** and **Shawarma Spice Blend**. Heat a large non-stick pan over medium-high 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 a baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.**



Make salad

Whisk together **1 tsp lemon juice, ¼ tsp sugar** and **2 tsp oil** (dbl all for 4 ppl) in a large bowl. Add **tomatoes, cucumbers** and **spring mix**. Season with **salt and pepper**, then toss to combine.



Warm pitas

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



Finish and serve

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

Dinner Solved!