



Harissa and Apricot Turkey Bowls

with Herby Garlic Rice, Almonds and Feta

Quick

25 Minutes



Ground Turkey



Basmati Rice



Apricot Spread



Harissa Spice Blend



Sweet Bell Pepper



Chicken Broth Concentrate



Parsley



Feta Cheese, crumbled



Baby Tomatoes



Almonds, sliced



Garlic, cloves



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HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Apricot Spread	2 tbsp	4 tbsp
Harissa Spice Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Chicken Broth Concentrate	1	2
Parsley	7 g	14 g
Feta Cheese, crumbled	¼ cup	½ cup
Baby Tomatoes	113 g	227 g
Almonds, sliced	28 g	56 g
Garlic, cloves	2	4
Butter*	1 tbsp	2 tbsp
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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Cook garlic rice

- Heat a medium pot over medium heat.
- While the pot heats, peel, then mince or grate **garlic**.
- When the pot is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **rice** and **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook turkey and peppers

- Heat the same pan (from step 2) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey, peppers** and **Harissa Spice Blend**. Season with **salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces and stirring occasionally, until no pink remains in **turkey**, 4-5 min. **
- Add **remaining garlic, apricot spread, broth concentrate** and **¼ cup water** (½ cup for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



Toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.



Finish rice

- Fluff **rice** with a fork, then add **half the parsley**.
- Season with **pepper**, to taste, then stir to combine.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **tomatoes**. Season with **salt** and **pepper**.
- Roughly chop **parsley**.



Finish and serve

- Divide **rice** between bowls. Top with **turkey and peppers** and **tomatoes**.
- Sprinkle **feta, almonds** and **remaining parsley** over top.

Dinner Solved!