



MEDITERRANEAN TURKEY

with Chopped Salad and Freekeh

PRONTO



HELLO FREEKEH

Freekeh or farik is durum wheat that has been roasted

TIME: 30 MIN



Turkey Scallopine



Freekeh



Oregano



Feta Cheese



Cherry Tomatoes



Green Olives



Red Wine Vinegar



Cucumber



Lemon



Garlic



Chicken Broth Concentrate

BUST OUT

- Large Bowl
- Zester
- Whisk
- Garlic Press
- Medium Bowl
- Large Non-Stick Pan
- Baking Sheet
- Medium Pot
- Measuring Spoons
- Measuring Cups
- Paper Towels
- Salt and Pepper
- Sugar (**1 tsp** | **2 tsp**)
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

• Turkey Scallopine	340 g		680 g
• Freekeh 1	¾ cup		1 ½ cup
• Oregano	7 g		14 g
• Feta Cheese 2	¼ cup		½ cup
• Cherry Tomatoes	113 g		227 g
• Green Olives	30 g		60 g
• Red Wine Vinegar 9	2 tbsp		2 tbsp
• Cucumber	66 g		132 g
• Lemon	1		1
• Garlic	6 g		12 g
• Chicken Broth Concentrate	1		2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

0 Fish/Poisson	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **425°F** (to finish turkey). Start prepping when the oven comes up to temperature! In Step 4, use this garlic guide to determine what garlic level you prefer: **¼ tsp** mild, **½ tsp** medium and **1 tsp** extra!



1 COOK FREEKEH
Wash and dry all produce.* In a medium pot, combine **freekeh**, **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Simmer, still covered, until **freekeh** is tender and **liquid** is absorbed, 25- 28 min.



4 ASSEMBLE SALAD
While **turkey** cooks, in a large bowl, whisk together **2 tbsp oil**, **1 tsp sugar** and **1 tbsp vinegar** (dbl all for 4 ppl). Add **cucumbers**, **tomatoes**, **olives**, **half the feta** and **¼ tsp garlic** (**NOTE:** Reference Garlic Guide in Start Strong). Season with **salt** and **pepper**. Toss to combine and set aside.

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2 PREP
While **freekeh** cooks, roughly chop **1 tbsp oregano** (dbl for 4 ppl). Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Quarter **tomatoes**. Roughly chop **olives**. Cut **cucumbers** into ¼-inch half-moons. Peel, then mince or grate **garlic**. Pat **turkey** dry with paper towels.



5 ASSEMBLE FREEKEH
When **freekeh** is tender, remove pot from heat. Add **lemon juice**, **remaining lemon zest** and **1 tbsp oil** (dbl for 4 ppl). Stir together. Season with **salt** and **pepper**.



3 COOK TURKEY
In a medium bowl, add **turkey**, **oregano**, **half the lemon zest**, **half the garlic** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Toss together. Heat a large non-stick pan over medium-high heat. When hot, add **turkey**. Pan-fry, until golden, 1-2 min per side. Remove the pan from heat, then transfer **turkey** to a baking sheet. Roast in **middle** of oven, until cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE
Slice **turkey**. Divide **freekeh** between bowls. Top with **turkey**, **chopped salad** and crumble over **remaining feta**. Serve with **lemon wedges**, if desired.

LEMONY

Lemon zest and juice add a citrusy kick to this summer salad!