# **MEDITERRANEAN TURKEY** with Chopped Salad and Freekeh





## HELLO -**FREEKEH**

Freekeh or farik is durum wheat that has been roasted







Freekeh



Oregano



Feta Cheese

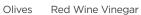


**Cherry Tomatoes** 





Green Olives







Lemon



Garlic



Chicken Broth Concentrate

TIME: 30 MIN

#### BUST OUT

- Large Bowl
- 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

#### INGDEDIENTS

INGREL	JIENIS
	2-person   4-person
• Turkey Scallopine	340 g   680 g
• Freekeh 1	<sup>3</sup> ⁄ <sub>4</sub> cup
• Oregano	7 g   14 g
• Feta Cheese 2	1/4 cup   1/2 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 ALLERGENES**

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 soya, les sulfites, les noix et le blé.

- O Fish/Poisson
  - 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète 8 Sesame/Sésame
- 2 Milk/Lait 3 Egg/Oeuf
- 9 Sulphites/Sulfites 10 Crustacean/Crustacé
- 4 Soy/Soja 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: 1/4 tsp mild, 1/2 tsp medium and 1 tsp extra!



**COOK FREEKEH** Wash and dry all produce.\* In a medium pot, combine freekeh, broth concentrate and 1 1/4 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.



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 1/4-inch half-moons. Peel, then mince or grate garlic. Pat turkey dry with paper towels.



**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.\*\*)



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 1/4 tsp garlic (NOTE: Reference Garlic Guide in Start Strong). Season with salt and pepper. Toss to combine and set aside.



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.



**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!