



Moroccan Spiced Turkey Bowl

with Roasted Vegetable Couscous

Calorie Smart

30 Minutes



Turkey Scallopini



Moroccan Spice Blend



Couscous



Zucchini



Sweet Bell Pepper



Red Onion



Garlic



Mint



Lemon



Sour Cream

HELLO MINT

Fresh and herbaceous, this herb works great in both sweet and savoury dishes!

Start here

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, microplane/zester, medium pot, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Garlic	6 g	12 g
Mint	7 g	14 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
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 veggies

Core, then cut **pepper** into ¼-inch pieces. Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Peel, then thinly slice **half the onion** (whole onion for 4 ppl) into ⅛-inch slices. Peel, then mince or grate **garlic**. Add **peppers, zucchini, onion, garlic** and **1 tbsp oil** (dbl for 4 ppl) to a parchment lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Set aside.



Cook couscous

Add **⅔ cup water** and **½ tbsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir together. Cover and let stand for 5 min.



Prep turkey

Pat **turkey** dry with paper towels. Season with **Moroccan Spice Blend, salt** and **pepper**.



Make cream

Finely chop **mint**. Zest, then juice **lemon**. Mix **sour cream, mint, lemon juice** and **lemon zest** together in a medium bowl. Season with **salt** and **pepper**.



Roast turkey and veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Sear until golden-brown, 1-2 min per side. Transfer **turkey** to the baking sheet with **veggies**. Bake, in the **bottom** of the oven, until **veggies** is tender-crisp and **turkey** cooked through, 7-9 min. **



Finish and serve.

Thinly slice **turkey**. Stir **roasted veggies** into **couscous**. Divide **couscous mixture** between plates, then top with sliced **turkey**. Drizzle **lemon-mint cream** over top.

Dinner Solved!