



# Smart Sesame-Crusted Turkey Rissoles

with Carrot Mash and Honey-Soy Drizzle

Calorie Smart Carb Smart 30 Minutes



-  Ground Turkey
-  Panko Breadcrumbs
-  Sesame Seeds
-  Honey
-  Soy Sauce
-  Carrot
-  Broccoli, florets
-  Green Onion
-  Moo Shu Spice Blend
-  Garlic Salt

## HELLO RISsoles

*A meat patty covered in pastry or breading that is originally from France!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, potato masher, medium pot, large bowl, parchment paper, small bowl, large non-stick pan, colander

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Sesame Seeds	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Carrot	340 g	680 g
Broccoli, florets	227 g	454 g
Green Onion	1	2
Moo Shu Spice Blend	½ tsp	1 tsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 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 carrot mash

- Peel, halve **carrots** lengthwise, then cut into ¼-inch slices.
- Add **carrots**, **½ tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium-high. Simmer, partially covered, until very tender, 16-18 min.
- Drain well and return **carrots** to the same pot, off heat. Using a potato masher, mash **1 tbsp butter** (dbl for 4 ppl) into **carrots** until mostly smooth. (**TIP:** Puree carrots in a food processor for a smoother consistency, if desired.) Season with **pepper**, to taste.



### Make rissoles

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **patties**. Cook, until **sesame seeds** are golden-brown, 2-3 min per side.
- Remove the pan from heat.
- Transfer **rissoles** to an unlined baking sheet, reserving **oil** in the pan.
- Bake in the **top** of the oven until **rissoles** are cooked through, 5-7 min.\*\*



### Roast broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **half the garlic salt**, **½ tsp Moo Shu Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 12-14 min.



### Make honey-soy drizzle

- When **rissoles** are almost done, return the pan with **reserved oil** to medium-high.
- When hot, add **green onion whites**, then cook, stirring often, until softened slightly, 30 sec-1 min.
- Add **honey-soy mixture**. Cook, stirring often, until **mixture** reduces slightly, 30 sec.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Transfer **honey-soy drizzle** back to the same small bowl.



### Prep and form patties

- Meanwhile, thinly slice **green onion**, keeping white and green parts separate.
- Stir together **honey**, **1 ½ tbsp soy sauce** and **2 tbsp water** (dbl both for 4 ppl) in a small bowl. (**NOTE:** This is your honey-soy mixture.)
- Add **turkey**, **panko**, **remaining soy sauce**, **remaining garlic salt** and **1 tsp Moo Shu Spice Blend** (dbl for 4 ppl) to a large bowl. Season with **pepper**, to taste, then combine.
- Form **turkey mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl).
- Sprinkle **sesame seeds** over both sides of **patties**, pressing down gently to adhere.



### Finish and serve

- Divide **broccoli**, **carrot mash** and **rissoles** between plates.
- Spoon **honey-soy drizzle** over **rissoles**.
- Sprinkle **remaining green onions** over top.

## Dinner Solved!