



Smart Sesame-Crusted Turkey Rissoles

with Carrot Mash and Honey-Soy Drizzle

Calorie Smart

Carb Smart

35 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, colander, measuring spoons, potato masher, medium pot, large bowl, parchment paper, small bowl, large non-stick pan

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.

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Cook carrot mash

- Peel, then halve **carrots** lengthwise, then cut into ¼-inch half-moons.
- 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, 18-20 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 smooth. (**TIP:** Mashed carrots will be a little lumpy. 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.
- Roast **rissoles** in the **top** of the oven until cooked through, 6-8 min.**



Roast broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **half the garlic salt**, **½ tsp Moo Shu Spice Blend**, **2 tbsp water** and **1 tbsp oil** (dbl all for 4 ppl) to an unlined baking sheet, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 10-12 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**. Cook, stirring often, until softened slightly, 30 sec-1 min.
- Add **honey-soy mixture**. Cook, stirring often, until **mixture** reduces slightly, 30 sec.
- Remove the pan from heat. Add **1 tbsp butter** (dbl for 4 ppl), then stir until melted.



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**, 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!