

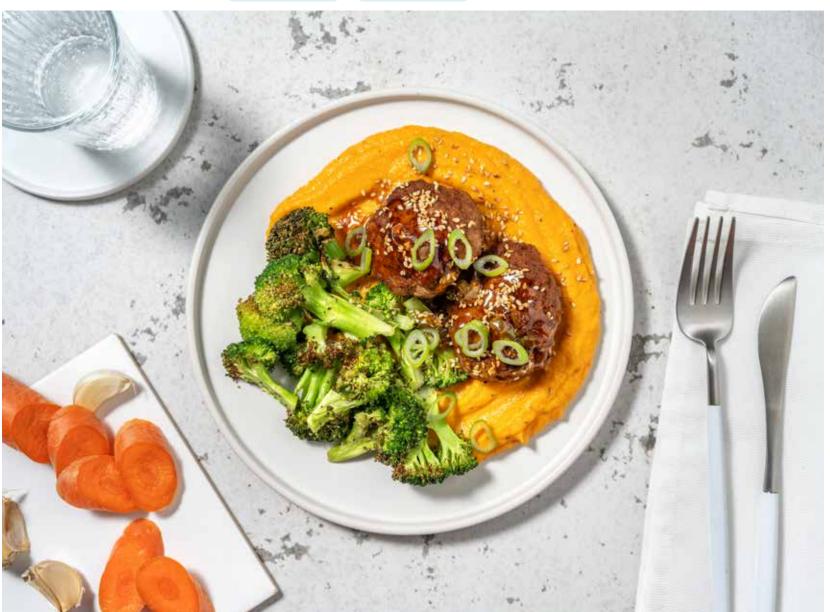
Smart Sesame-Crusted Turkey Rissoles

with Carrot Mash and Honey-Soy Drizzle

Calorie Smart

Carb Smart

35 Minutes





Ground Turkey









Sesame Seeds





Soy Sauce





Broccoli, florets



Moo Shu Spice Blend



Garlic Salt

Green Onion

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

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	2 Person	4 Person
Ground Turkey	250 g	500 g
Panko Breadcrumbs	1/4 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 tbsp	1 tbsp
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.



Cook carrot mash

- Peel, then halve carrots lengthwise, then cut into 1/4-inch half-moons.
- Add carrots, 1/2 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
- When hot, add 1 tbsp oil (dbl for 4 ppl), then patties. Cook, until sesame seeds are goldenbrown, 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.



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.



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.



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!

Contact

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