



Smart Vietnamese-Style Lemongrass Turkey Patties

with Fresh Herb Salad

Calorie Smart

Carb Smart

30 Minutes



Ground Turkey



Lemongrass



Cilantro



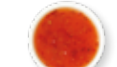
Soy Sauce



Mini Cucumber



Carrot



Sweet Chili Sauce



Rice Vinegar



Garlic, cloves



Peanuts, chopped



Spring Mix



Green Onion

HELLO LEMONGRASS

A tall, tropical grass with bright, lemony notes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, vegetable peeler, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Lemongrass	1	2
Cilantro	7 g	14 g
Soy Sauce	1 ½ tsp	3 tsp
Mini Cucumber	66 g	132 g
Carrot	170 g	340 g
Sweet Chili Sauce	4 tbsp	8 tbsp
Rice Vinegar	2 tbsp	4 tbsp
Garlic, cloves	2	4
Peanuts, chopped	28 g	56 g
Spring Mix	113 g	227 g
Green Onion	2	2
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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Prep

- Peel **cucumber**, if desired, then cut into ¼-inch rounds.
- Peel, then cut **carrot** into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Roughly chop **cilantro**.
- Thinly slice **green onions**.
- Remove outer layer of **lemongrass**, then halve lengthwise. Place **lemongrass** on a cutting board, cut-side down. Using the back of a spoon or a pot, forcefully hit **lemongrass** to crush, then chop very finely.



Cook patties

- Heat the same pan (from step 2) over medium.
- When hot, add **1 tbsp oil**, then **patties**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Cook until browned all over and cooked through, 4-5 min per side.**



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a small bowl.



Assemble salad

- Meanwhile, whisk together **half the sweet chili sauce**, **vinegar** and **½ tbsp** (1 tbsp) **oil** in a large bowl.
- Add **spring mix**, **carrots**, **cilantro**, **green onions** and **cucumbers**. Season with **salt** and **pepper**, to taste, then toss to combine.



Make patties

- Add **turkey**, **lemongrass**, **garlic**, **soy sauce** and **⅛ tsp** (¼ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Divide **mixture** into **8 equal portions** (16 portions for 4 ppl).
- Roll **portions** into balls, then flatten into **½-inch-thick patties**. (**NOTE:** Your mixture may look wet; this is normal! In step 4, you can carefully re-shape patties when cooking.)



Finish and serve

- Remove the pan from heat, then add **remaining sweet chili sauce**. Gently toss to coat **patties**.
- Divide **salad** between bowls. Top with **patties**.
- Sprinkle **peanuts** over top.

Dinner Solved!