



Sweet Soy Turkey Patties

with Roasted Buttery Veggies and Sweet Potato Wedges

Calorie Smart

30 Minutes



Ground Turkey



Zucchini



Sweet Bell Pepper



Soy Sauce-Mirin Blend



Sweet Potato



Garlic



Green Onions



Lime



Panko Breadcrumbs

HELLO MIRIN

A Japanese sweet rice wine that adds a subtle hit of acidity to sauces!

Start here

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

Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, parchment paper, small bowl, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Ground Turkey | 250 g | 500 g |
| Zucchini | 200 g | 400 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Soy Sauce-Mirin Blend | 4 tbsp | 8 tbsp |
| Sweet Potato | 340 g | 680 g |
| Garlic | 6 g | 12 g |
| Green Onions | 2 | 4 |
| Lime | 1 | 1 |
| Panko Breadcrumbs | ¼ cup | ½ cup |
| 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Cut **zucchini** into 1-inch pieces. Core, then cut **peppers** into 1-inch pieces. Cut **sweet potatoes** into ½-inch wedges. Finely slice **green onions**, keeping **green** and **white parts** separate. Peel, then mince or grate **garlic**. Zest, then juice **half the lime** (whole lime for 4 ppl). Combine **turkey, panko, 1 tsp Soy Sauce-Mirin Blend, ¼ tsp salt** and **¼ tsp pepper** (dbl all for 4 ppl) in a medium bowl. Form into **4 equal sized patties** (8 patties for 4 ppl).



Cook patties

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Cook, until golden-brown, 2-3 min per side. Transfer to a plate.



Roast veggies

Toss **peppers, zucchini** and **sweet potato wedges** with **2 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Place **wedges** on one side of the baking sheet and the **remaining veggies** on the other side. Roast in the **middle** of the oven, flipping halfway through cooking, until **veggies** are tender, 22-24 min.



Make sauce

Reduce heat to medium, then add white parts of **green onions** to the same pan. Cook, stirring continuously, until golden, 1-2 min. Add **garlic** and cook, until fragrant, 30 sec. Add **sauce mixture** and **and patties**, including any **juices** from the plate. Cook, until **sauce** has slightly thickened and **patties** are cooked through, 3-5 min. ** (TIP: Add 1 tbsp water to pan if sauce thickens too quickly.)



Prep sauce mixture

Stir together **remaining Soy Sauce-Mirin Blend, 1 tsp lime juice** and **1 tbsp water** (dbl both for 4 ppl) in a small bowl.



Finish and serve

Add **lime zest** to the **roasted zucchini and peppers**, then stir to combine. Divide between plates. Add **sweet potato wedges** and **patties** alongside, then drizzle **pan sauce** over **patties**. Sprinkle **remaining green onions** over top.

Dinner Solved!