



Turkey and Mushroom Stew

with Cheesy Croutons

PRONTO 35 Minutes



-  Ground Turkey
-  Cremini Mushrooms
-  Israeli Couscous
-  Chicken Broth Concentrate
-  Sage and Thyme
-  Ciabatta Bun
-  Chives
-  Parmesan Cheese
-  Baby Spinach
-  Italian Breadcrumbs
-  Shallot
-  Garlic

HELLO ISRAELI COUSCOUS
Israeli couscous is a pasta shaped like a rice grain

Start Strong

Before starting, preheat your broiler to high and wash and dry all produce.

Bust Out

Baking Sheet, Garlic Press, Strainer, Medium Bowl, Large Pot, Measuring Cups, Measuring Spoons, Medium Pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Cremeni Mushrooms	227 g	454 g
Israeli Couscous	¾ cup	1 ½ cup
Chicken Broth Concentrate	2	4
Sage and Thyme	14 g	21 g
Ciabatta Bun	1	2
Chives	7 g	14 g
Parmesan Cheese	¼ cup	½ cup
Baby Spinach	56 g	113 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Shallot	100 g	200 g
Garlic	6 g	12 g
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 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Add **10 cups water** and **2 tsp salt** in a medium pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, thinly slice **sage** and **chives**. Strip **½ tbsp thyme** (dbl for 4 ppl) from stems. Quarter **mushrooms**. Cut **ciabatta** into 1-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**.



4. MAKE MEATBALLS

While **mushrooms** cook, add **turkey**, **breadcrumbs**, **garlic**, **remaining sage** and **remaining thyme** to a medium bowl. Stir to combine. Roll **turkey mixture** into 1 ½-inch **meatballs**. Transfer the **meatballs** to a plate. Set aside.



2. COOK COUSCOUS

Add **Israeli couscous** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. Drain and return to the same pot, off heat. Add **2 tbsp butter** (dbl for 4 ppl). Stir until melted and **couscous** is coated.



5. COOK MEATBALLS & FINISH STEW

Add **3 cups water** (dbl for 4 ppl) and **broth concentrates** to the pot with the **mushroom mixture**. Bring to a boil over high heat. Once boiling, reduce heat to medium-low and carefully add **meatballs** to the **mushroom broth**. Cover and cook, until **meatballs** are cooked through, 4-5 min.** Add **spinach** and stir together, until wilted, 1 min.



3. START STEW

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**, **mushrooms**, **half the sage** and **half the thyme**. Season with **salt** and **pepper**. Cook, stirring often, scraping any **brown bits** from the bottom of the pot, until **mushrooms** soften, 3-4 min.



6. FINISH AND SERVE

Toss **ciabatta pieces** with **½ tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Sprinkle over **Parmesan**. Broil in **middle** of oven, stirring halfway through cooking, until lightly golden, 6-7 min. Divide **couscous** between bowls. Ladle over **turkey mushroom mixture**, then top with **cheesy croutons** and sprinkle over **chives**.

Dinner Solved!