



Turkish-Spiced Lamb Patties

with Couscous

30 Minutes



Ground Lamb



Turkish Spice Blend



Panko Breadcrumbs



Parsley



Zucchini



Sweet Bell Pepper



Pepitas



Garlic, cloves



White Wine Vinegar



Couscous

HELLO TURKISH SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Turkish Spice Blend	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Parsley	7 g	14 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Pepitas	28 g	56 g
Garlic, cloves	2	4
White Wine Vinegar	½ tbsp	1 tbsp
Couscous	½ cup	1 cup
Unsalted Butter*	1 tbsp	2 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



1 Prep and make vinaigrette

- Core, then cut **pepper** into ½-inch slices.
- Cut **zucchini** into ½-inch rounds.
- Roughly chop **parsley**.
- Peel, then mince **garlic**.
- Whisk together **1 ½ tbsp oil**, **¼ tsp garlic** (dbl both for 4 ppl), **half the vinegar** (use all for 4 ppl) and **half the parsley** in a small bowl. Season with **salt** and **pepper**, to taste. Set aside.



4 Form lamb patties

- Meanwhile, combine **lamb**, **panko**, **remaining garlic**, **remaining Turkish Spice Blend**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl.
- Divide **mixture** into **6 equal portions** (12 portions for 4 ppl).
- Roll **each portion** into a ball, then flatten into ¼-inch-thick **patties**.



2 Cook couscous

- Add **¾ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



5 Pan-fry patties

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tsp oil**, then **patties**. (**NOTE:** Cook patties in 2 batches for 4 ppl, using 1 tsp oil for each batch.) Pan-fry until golden-brown, 3-5 min per side.**



3 Roast veggies

- Meanwhile, add **peppers**, **zucchini**, **1 tbsp oil** and **1 tsp Turkish Spice Blend** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing **veggies** halfway through, until golden-brown, 12-15 min.



6 Finish and serve

- Add **pepitas** and **remaining parsley** to **couscous**. Season with **salt**, then fluff **couscous** with a fork.
- Divide **couscous**, **roasted veggies** and **lamb patties** between plates.
- Spoon **parsley-garlic vinaigrette** over top.

Dinner Solved!