



Turkish-Spiced Lamb Patties

with Jewelled Couscous

Discovery Special

30 Minutes



Ground Lamb



Turkish Spice Blend



Panko Breadcrumbs



Parsley



Zucchini



Sweet Bell Pepper



Pepitas



Garlic, cloves



White Wine Vinegar



Couscous



Sultana Raisins



Onion, sliced



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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
Sultana Raisins	28 g	56 g
Onion, sliced	56 g	113 g
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

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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.



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**.



Cook couscous

- Add **¾ cup water**, **1 tbsp butter** (dbl both for 4 ppl) and **raisins** 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.



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 per batch.)
- Pan-fry until golden-brown, 3-5 min per side.**



Roast veggies

- Meanwhile, add **peppers**, **onions**, **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 **veggies** in the **middle** of the oven, tossing halfway through, until golden-brown, 12-15 min.



Finish and serve

- Add **half the 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 **vinaigrette** over top.
- Sprinkle **remaining pepitas** over **couscous**.

Dinner Solved!