



TURKEY & APPLE TABBOULEH

with Walnuts and Garlic Yoghurt Dressing



HELLO WALNUTS

Ancient Greeks called these nuts 'karyon' meaning head because the kernel resembles a brain inside a skull.



Vegetable Stock Powder



Bulgur Wheat



Echalion Shallot



Garlic Cloves



Diced Turkey Breast



Apple



Cucumber



Flat Leaf Parsley



Walnuts



Lemon



Natural Yoghurt

25 mins

2 of your 5 a day

Tabbouleh is a classic and well-loved Middle-Eastern dish. Our chefs have mixed things up with the two main ingredients, turkey and apple, to create fantastically fresh flavours. Crisp, raw apple lends a touch of sweetness and brings out the smoky turkey. The best thing about this recipe is it requires minimal fuss. Just oven-bake the turkey and boil rice in stock powder for simple savoury rice. Top with cucumber and walnuts for a nutty flavour and drizzle in garlic yoghurt for a fresh dish perfect a summer evening.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan (with a Lid), Large Baking Tray, Mixing Bowl** and **Fine Grater**. Now, let's get cooking!



1 COOK THE BULGUR

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Stir in the **stock powder** and the **bulgur wheat**. Bring back to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve. Halve and peel the **shallot**. Cut each half into large wedges.



2 ROAST THE TURKEY

Pop the **shallot, garlic clove** (leave the skin on) and **turkey** onto a large baking tray. Season with a pinch of **salt** and **pepper** and drizzle with **olive oil**. Toss to coat everything in the **oil**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Roast on the top shelf of the oven until the **turkey** is cooked and the **shallot** is soft and beginning to colour, 10-12 mins. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle!



3 GET CHOPPING

While the bulgur wheat and turkey cook, quarter the **apple** and remove the core. Chop into 1cm pieces. Trim the **cucumber** then quarter lengthways. Chop widthways into 1cm pieces. Roughly chop the **parsley** (stalks and all). Roughly chop the **walnuts**. Pop the **apple, cucumber, walnuts** and **half the parsley** into a mixing bowl and set to one side.



4 MAKE THE DRESSING

Zest and halve the **lemon**. Add the **yoghurt, half the lemon juice** and the **olive oil** (see ingredients for amount) to a small bowl and mix to combine. Set to one side.



5 FINISH THE TABBOULEH

Once **bulgur** is cooked, fluff it up with a fork and add to the mixing bowl with the rest of the **tabbouleh** ingredients then add the **lemon zest**. Gently stir everything together and season to taste with **salt** and lots of **pepper**.



6 COMBINE AND SERVE

When the turkey is out of the oven, squeeze the **garlic** out of its skin (careful, it's hot!), roughly chop or grate it and add to the **dressing**. Stir well and add a small pinch of **salt** and **pepper**. Stir the **shallot** and **turkey** into the **tabbouleh** then share between your plates. Drizzle over the **garlic yoghurt dressing** and sprinkle over the remaining **parsley**. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13)	100g	150g	200g
Echalion Shallot *	1	1½	2
Garlic Cloves *	1	1	2
Diced Turkey Breast *	250g	375g	500g
Apple *	1	1½	2
Cucumber *	½	¾	1
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1½ bags	2 bags
Lemon *	½	1	1
Natural Yoghurt 7) *	½ pouch	1 pouch	1 pouch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

Not Included t Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 423G	PER 100G
Energy (kJ/kcal)	2071 / 495	490 / 117
Fat (g)	13	3
Sat. Fat (g)	2	3
Carbohydrate (g)	50	12
Sugars (g)	11	3
Protein (g)	43	10
Salt (g)	0.96	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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