

Turkey Kofta Salad

with Tzatziki & Pickled Red Onion

WW™ APPROVED
CARB CONSCIOUS
500 CALORIES OR LESS
MEDITERRANEAN

🕒 35-45 MINS | 2 SERVINGS

Our take on kofta—a Middle Eastern staple made from ground meat, aromatics, and bold spices shaped into ovals, balls, or patties—features turkey mixed with fresh garlic and herby za'atar. We're serving them alongside tangy-sweet pickled onion and a crisp vegetable salad dressed with bright, creamy tzatziki.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



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SmartPoints® value per serving



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Ingredients



10 oz
GROUND TURKEY



4 oz
GRAPE TOMATOES



1
ROMAINE
LETTUCE HEART



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
DATE SYRUP



1 oz
PITTED NIÇOISE
OLIVES



1
PERSIAN
CUCUMBER



1
RED ONION



2 cloves
GARLIC



1/4 cup
PANKO
BREADCRUMBS



1/2 cup
TZATZIKI*



1 Tbsp
ZA'ATAR
SEASONING**

*cucumber-yogurt sauce

**Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Halve, peel, and thinly slice the **onion**.
- ☐ Peel **2 cloves of garlic**. Using a zester, finely grate 1 clove into a paste (or use the small side of a box grater). Roughly chop the remaining clove.
- ☐ Roughly chop the **lettuce**.
- ☐ Roughly chop the **olives**.
- ☐ Halve the **tomatoes**.
- ☐ Halve the **cucumber** lengthwise, then thinly slice crosswise.
- ☐ In a large bowl, combine the **halved tomatoes, sliced cucumber**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Pickle the onion:

- ☐ Meanwhile, in a small pot, combine the **vinegar, date syrup**, and **¼ cup of water**; season with salt and pepper. Whisk to combine.
- ☐ Add the **sliced onion**; heat to boiling on high.
- ☐ Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until combined and the onion is coated. Turn off the heat.
- ☐ Set aside to cool at least 10 minutes. Taste, then season with salt and pepper if desired.

3 Form the kofta:

- ☐ Meanwhile, in a large bowl, combine the **turkey, chopped garlic, breadcrumbs**, and **za'atar**. Gently mix to combine.
- ☐ Form the mixture into 10 tightly packed, oval-shaped meatballs.
- ☐ Transfer to a plate.

4 Cook the kofta:

- ☐ In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium until hot.
- ☐ Add the **kofta** in an even layer. Loosely cover the pan with foil and cook, without stirring, 3 to 6 minutes, or until browned. Flip and cook 3 to 6 minutes, or until browned and cooked through.**
- ☐ Turn off the heat.

5 Make the salad & serve your dish:

- ☐ To the bowl of **marinated tomatoes and cucumber**, add the **chopped lettuce, half the tzatziki**, and a drizzle of **olive oil**. Toss to coat. Taste, then season with salt and pepper if desired.
- ☐ Serve the **salad** topped with the **cooked kofta, pickled onion** (draining before adding), and **chopped olives**. Drizzle with the **remaining tzatziki**. Enjoy!

**An instant-read thermometer should register 165°F.