

Shawarma Turkey & Vegetable Bowl

with Harissa-Honey Brown Rice & Tzatziki

2 SERVINGS

⌚ 25-35 MINS



 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients


Customized ingredients

 10 oz Ground Turkey 

SWAPPED FOR:


 10 oz Ground Beef 


 1 Lemon


 1 ½ Tbsps Red Harissa Paste

 ½ cup Brown Rice

 1 Red Onion


 1 bunch Mint

 ½ cup Tzatziki¹

 ½ lb Broccoli

 6 oz Carrots

 1 Tbsp Honey

 1 Tbsp Shawarma Spice Blend²



Serve with Blue Apron wine that has this symbol blueapron.com/wine



9 - 15 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 9-15 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. cucumber-yogurt sauce 2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients & make the harissa honey

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- Halve and peel the **onion**; cut into 1/2-inch wide wedges.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Pick the **mint** leaves off the stems.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **honey** (kneading the packet before opening), the **juice of 2 lemon wedges**, and **as much of the harissa paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Stir until the honey has dissolved.



3 Roast & finish the vegetables

- Meanwhile, place the **carrot pieces**, **onion wedges**, and **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **juice of the remaining lemon wedges**. Taste, then season with salt and pepper if desired.



4 Cook the turkey

- Once the vegetables have roasted about 10 minutes, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**; season with salt, pepper, and the **spice blend**. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



CUSTOMIZED STEP 4 If you chose Ground Beef

- Follow the directions in Step 4, using the **beef** (instead of turkey).

5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **harissa honey**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked turkey** and **finished vegetables**. Top with the **tzatziki**. Garnish with the **mint leaves** (tearing just before adding). Enjoy!



CUSTOMIZED STEP 5 If you chose Ground Beef

- Finish the rice and serve your dish as directed with the **cooked beef** (instead of turkey).