



**GREEN  
CHEF**

## HERBED TURKEY & KALE BULGUR BOWLS

*apricots, pistachios, schug crema, tomato*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

760

### MENU

MEDITERRANEAN

These bowls showcase not just one, but two incredible uses of our herby schug sauce. The condiment's mild heat balances sweetness in apricot bulgur and adds earthy spice to a cooling crema. On top of the bulgur is lemon pepper and herb-seasoned ground turkey cooked with onion, garlic, and kale. Tomato and the vibrant schug crema are refreshing additions on top of the bowls.

### INGREDIENTS (11 ITEMS)

½ cup	<b>Bulgur wheat</b> <small>W</small>
1 whole	<b>Yellow onion</b>
¼ oz	<b>Garlic</b>
2¾ oz	<b>Green kale</b>
½ oz	<b>Pistachios</b> <small>T</small>
1 whole	<b>Roma tomato</b>
10 oz	<b>Ground turkey*</b>
1½ tsp	<b>Lemon pepper &amp; herb seasoning</b>
2 oz	<b>Sour cream</b> <small>M</small>
3 oz	<b>Schug sauce</b>
1 oz	<b>Dried apricots</b>

### WHAT YOU'LL NEED

small pot with lid  
large sauté pan  
small bowl  
measuring cup & spoons  
thermometer  
cooking oil  
salt & pepper

### ALLERGENS

- W WHEAT
- T TREE NUTS (pistachios)
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground turkey is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK BULGUR

- Bring **bulgur**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 12-15 minutes, or until water has absorbed and bulgur is tender.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the bulgur in Step 6.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **pistachios**.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

\*\*The ingredient you received may be a different color.

## 3 SAUTÉ ONION &amp; GARLIC

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **garlic**. Cook 1-2 minutes, or until fragrant.

## 4 COOK TURKEY &amp; KALE

- Add **ground turkey** to pan. Season with **lemon pepper and herb seasoning** and salt. Cook 4-5 minutes, or until fully cooked, breaking up **turkey** into pieces.
- Add **kale** and 1 tablespoon water. Cook 2-3 minutes, or until kale is tender. Season with salt and pepper to taste.

## 5 MAKE SCHUG CREMA

- Place **sour cream** and 2 tablespoons **schug sauce** in a small bowl. Stir to combine. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt and pepper to taste.

## 6 FINISH BULGUR

- Add **pistachios, dried apricots**, and remaining **schug sauce** to pot with **bulgur**. Stir to combine.

## 7 PLATE YOUR DISH

- Divide **apricot bulgur** between bowls. Top with **turkey and kale**. Garnish with **tomato**. Drizzle with **schug crema**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (455g)

**Amount per serving**

**Calories** **760**

	% Daily Value*
<b>Total Fat</b> 42g	54%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 63g	23%
Dietary Fiber 12g	43%
Total Sugars 17g	
Includes 2g Added Sugars	4%
<b>Protein</b> 42g	
Vitamin D 1mcg	6%
Calcium 159mg	10%
Iron 4mg	20%
Potassium 1170mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Turkey** [turkey], **Bulgur Wheat** [bulgur wheat], **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Green Kale**, **Pistachios** [pistachio], **Garlic**, **Yellow Onion**, **Roma Tomatoes**, **Sour Cream** [cultured cream], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes), **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt)

### Allergen information:

Contains Milk, Tree Nuts And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*