



**GREEN  
CHEF**

## MEDITERRANEAN TURKEY SKILLET

*apricot pistachio bulgur, zucchini, olives, pistachios, feta*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

680

### MENU

MEDITERRANEAN // FAST & FIT

In just 25 minutes, you'll be digging into these flavorful Mediterranean turkey and bulgur bowls. First, you'll cook the chewy, nutty bulgur with scallion for aromatic flavor, before adding crunchy pistachios and sweet dried apricots. Next, you'll start your skillet: Zucchini is sautéed with ground turkey that's been seasoned with garlic, paprika, and oregano. To finish off the skillet, meaty Kalamata olives are added to the pan, along with a tomato-y broth and salty feta. A garnish of scallion greens and more feta top off the quick meal.

### INGREDIENTS (11 ITEMS)

1 whole	<b>Scallion</b>
½ cup	<b>Bulgur wheat</b> <small>W</small>
1 whole	<b>Zucchini</b>
¼ oz	<b>Garlic</b>
⅛ oz	<b>Kalamata olives</b>
½ oz	<b>Pistachios</b> <small>T</small>
10 oz	<b>Ground turkey*</b>
1¼ tsp	<b>Paprika, garlic &amp; oregano</b>
1½ oz	<b>Tomato paste</b>
2 oz	<b>Feta cheese</b> <small>M</small>
1 oz	<b>Dried apricots</b>

### WHAT YOU'LL NEED

small pot with lid  
large sauté pan  
measuring cup & spoons  
thermometer  
cooking oil  
1 tbsp butter M  
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 degrees.

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 START PREP & COOK BULGUR

- Trim and thinly slice **scallion**, separating whites from greens.
- Bring **bulgur**, **scallion whites**, and 1 cup water to a boil in a small pot. Season with salt and pepper. Stir, then reduce heat to medium low and cover pot with lid. Simmer until water has absorbed and bulgur is tender, 12-15 minutes.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add 1 tablespoon butter. Stir until butter has melted. (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 FINISH PREP

- Trim ends from **zucchini\***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Mince **garlic**.
- Roughly chop **Kalamata olives**.
- Roughly chop **pistachios**.

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

## 3 START SKILLET

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until slightly tender, stirring occasionally.

## 4 ADD TURKEY

- Add **ground turkey** and **garlic** to pan. Season with **paprika, garlic, and oregano** and ¼ teaspoon salt. Cook 3-4 minutes, or until turkey is fully cooked, breaking up **turkey** into pieces.

## 5 FINISH SKILLET

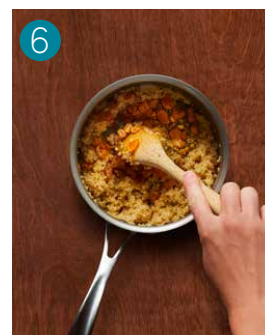
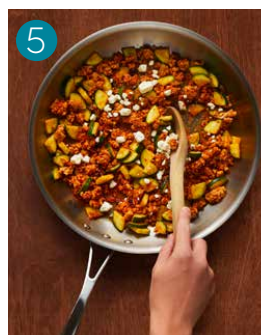
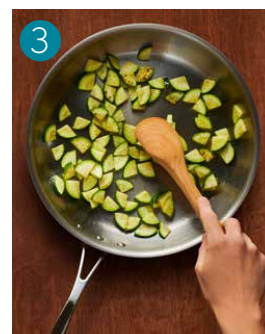
- Add **tomato paste** and **olives** to pan. Stir to combine. Cook for 1 minute, or until turkey is thoroughly coated, stirring occasionally.
- Add ½ cup water. Reduce heat to medium low. Simmer 2-3 minutes, or until flavors meld, stirring occasionally. Season with salt and pepper to taste.
- Remove from heat. Stir in half the **feta cheese**.

## 6 FINISH BULGUR

- Add **pistachios** and **apricots** to pot with **bulgur**. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **apricot pistachio bulgur** between bowls. Top with **Mediterranean turkey**. Garnish with **scallion greens** and remaining **feta**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (393g)

Amount per serving

Calories 680

	% Daily Value*
<b>Total Fat</b> 35g	45%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 800mg	35%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 10g	36%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 44g	
Vitamin D 1mcg	6%
Calcium 204mg	15%
Iron 4mg	20%
Potassium 1202mg	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], **Tomato Paste** [tomato paste, citric acid], **Zucchini**, **Scallions**, **Garlic**, **Bulgur Wheat** [bulgur wheat], **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Pistachios** [pistachio], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Paprika**, **Garlic & Oregano** (Dried Oregano, Granulated Garlic, Sweet Paprika)

**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.