



In your box

.125 oz. Oregano
2 Zucchini
1 Red Onion
2 Garlic Cloves
12 oz. Ground Turkey
4 oz. Crushed Tomatoes
2 oz. Ricotta
2 oz. Feta Cheese

CONTAINS milk



Mediterranean Turkey Skillet

with zucchini and feta

NUTRITION per serving—Calories: 535, Carbohydrates: 24g, Fat: 32g, Protein: 42g, Sodium: 1464mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level   
Easy

Spice Level   
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Medium Oven-Safe Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Preheat oven to **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Ingredient(s) used more than once: **oregano**



1

Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into ½” half-moons.
- Halve and peel **onion**. Cut halves into ¼” dice.
- Mince **garlic**.
- Stem and coarsely chop **oregano**.



2

Brown the Ground Turkey

- Place a medium oven-safe pan over medium-high heat and add 1 tsp. **olive oil**. *You may also use a cast iron skillet.*
- Add **turkey** to hot pan and stir occasionally, breaking up with a spoon, until browned, 3-5 minutes.
- Transfer to a plate. *Turkey will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



3

Assemble the Skillet

- Return pan used to brown turkey to medium-high heat and add 1 tsp. **olive oil**. Add **zucchini** and **onion** and stir occasionally until lightly browned, 3-4 minutes.
- Return **turkey** to pan and stir in **crushed tomatoes**, ½ cup **water**, **garlic**, half the **oregano** (reserve remaining for garnish), ¾ tsp. **salt**, and ½ tsp. **pepper**. Bring to a boil.



4

Bake the Skillet

- Dollop **turkey mixture** with **ricotta**.
- Place pan in hot oven and bake until cheese is lightly browned, 8-10 minutes.
- Carefully (pan will be hot), top skillet with **feta**. Let rest 3 minutes.



5

Finish the Dish

- Serve dish family-style, garnishing with remaining **oregano**. Bon appétit!