



Feta-Turkey Meatballs

with Sundried Tomato Orzo

25 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
 Ground Turkey 250 g 500 g	 Panko Breadcrumbs ¼ cup ½ cup
 Feta Cheese, crumbled ¼ cup ½ cup	 Yellow Onion, chopped 56 g 113 g
 Baby Spinach 56 g 113 g	 Chicken Broth Concentrate 1 2
 Sun-Dried Tomato Pesto ¼ cup ½ cup	 Cream 56 ml 113 ml
 Orzo 170 g 340 g	 Dill-Garlic Spice Blend 1 tsp 2 tsp
 Whole Grain Mustard ¼ tbsp ½ tbsp	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, parchment paper, strainer

1



Cook pasta

- Before starting, preheat the oven to 450°F.
- Add 6 cups water and 1 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{3}$ **cup** ($\frac{2}{3}$ cup) **pasta water**, then drain.

2



Prep and bake meatballs

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Meanwhile, finely chop **some spinach** to get **1 tbsp** (2 tbsp). Roughly chop **remaining spinach**.
- Line a baking sheet with parchment paper.
- Add **turkey, panko, half the Dill-Garlic Spice Blend, half the feta, finely chopped spinach, $\frac{1}{4}$ tsp** ($\frac{1}{2}$ tsp) **salt** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **pepper** to a medium bowl. Stir to combine.
- Roll **mixture** into **8** (16) **equal-sized meatballs**.
- Arrange **meatballs** on the prepared baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

3



Start sauce

- Meanwhile, heat a large non-stick pan over medium heat, then add **1 tbsp** (2 tbsp) **butter**. Swirl the pan to melt.
- Add **onions** to the pan. Cook, stirring often, until softened, 3-4 min.

4



Simmer sauce

- Add **chicken broth concentrate, sun-dried tomato pesto, remaining Dill-Garlic Spice Blend, reserved pasta water, cream** and **orzo** to the pan. Cook, stirring often, until well combined, 1 min.
- Bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **sauce** thickens slightly, 2-4 min.

5



Finish orzo

- Add **remaining spinach** and **mustard** to the pan. Cook, stirring occasionally, until wilted, 1 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.

6



Finish and serve

- Divide **orzo** between bowls.
- Top with **turkey meatballs**.
- Sprinkle over **remaining feta**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep and bake meatballs

Swap | **Ground Beef**

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **turkey****

2 | Bake Beyond Meat® meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook it the same way the recipe instructs you to prep and cook the **turkey****

** Cook to a minimum internal temperature of 74°C/165°F.