



Smart Dilly Turkey Meatballs

with Salad and Yogurt Sauce

Smart Meal

30 Minutes

SEIZE THE
FRESHEST OF
SUMMER!Ground
Beef
250g | 500gPlant-Based
Ground Protein
250g | 500g
 Customized Protein
 Add
 Swap
or
 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



You have been entered for a chance to win

1 OF 25 FREE VIDA BBQS!

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depend on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$649.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at hellofresh.ca/freshsummer.

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**.

Ground
Turkey
250 g | 500 gSweet Bell
Pepper
1 | 2Mini Cucumber
1 | 2Lemon
1 | 1Italian
Breadcrumbs
4 tbsp | 8 tbspDill-Garlic Spice
Blend
1 tsp | 2 tspZesty Garlic
Blend
1 tbsp | 2 tbspYogurt Sauce
3 tbsp | 6 tbspCroutons
28 g | 56 gSpring Mix
113 g | 227 gFeta Cheese,
crumbled
1/4 cup | 1/2 cupIngredient quantities
56 g | 113 g
2 person | 4 person

Pantry items | Salt, sugar, pepper, oil

Cooking utensils | Baking sheet, 2 large bowls, measuring spoons, parchment paper, small bowl, whisk, zester

Measurements

1 tbsp (2 tbsp)

oil

2 person

4 person

Ingredient

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Zest Guide for Step 3:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Zesty: 1 tsp (2 tsp)
- Core, then cut **pepper** into ½-inch pieces.
- Cut **cucumber** into ¼-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2



Form and cook meatballs

Swap | Ground Beef

Swap | Plant-Based Ground Protein

- Line a baking sheet with parchment paper.
- Add **turkey**, **breadcrumbs**, **Dill-Garlic Spice Blend**, **Zesty Garlic Blend** and ¼ tsp (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- With wet hands, roll **mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

3



Season yogurt sauce

- Meanwhile, add **yogurt sauce** and ½ tsp (1 tsp) **lemon zest** to a small bowl.
(NOTE: Reference zest guide.)
- Season with **salt** and **pepper**, then stir to combine.

4



Make salad

- Add ½ tbsp (1 tbsp) **lemon juice**, ½ tsp (1 tsp) **sugar** and 1 tbsp (2 tbsp) **oil** to another large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **peppers**, **cucumbers**, **croutons** and **spring mix**, then toss to combine.

5



Finish and serve

- Divide **meatballs** and **salad** between plates.
- Sprinkle **feta** over **salad**.
- Serve **yogurt sauce** alongside.
- Squeeze a **lemon wedge** over top, if desired.

2 | Form and cook meatballs

Swap | Ground Beef

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

2 | Form and cook meatballs

Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prepare and cook it the same way the recipe instructs you to prepare and cook the **turkey**.**