



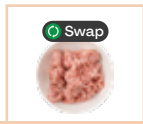
# Smart Sweet and Smoky Glazed Turkey Meatballs

## with Apple, Cucumber and Tomato Salad



Smart Meal

30 Minutes



Ground Pork  
250g | 500g

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://hellofresh.ca)



Ground Turkey  
250 g | 500 g



Gala Apple  
1 | 2



Baby Spinach  
113 g | 227 g



Tomato  
1 | 2



Mini Cucumber  
1 | 2



Panko Breadcrumbs  
¼ cup | ½ cup



Salad Topping Mix  
28 g | 56 g



Chipotle Sauce  
2 tbsp | 4 tbsp



Cranberry Spread  
2 tbsp | 4 tbsp



BBQ Seasoning  
1 tbsp | 2 tbsp



White Wine Vinegar  
1 tbsp | 2 tbsp

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**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.

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Ingredient quantities 56 g | 113 g  
2 person | 4 person

**Pantry items** | Oil, salt, sugar, pepper

**Cooking utensils** | Baking sheet, box grater, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, strainer, whisk

1



## Prep

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.

- Core **apple**. Coarsely grate **half the apple**. Cut **remaining apple** into ¼-inch pieces.
- Transfer **grated apple** to a strainer. Using your hands, squeeze out any liquid. Set aside.
- Halve **cucumbers** lengthwise, then cut into thin half-moons.
- Cut **tomato** into ¼-inch pieces.

2



## Form meatballs

Swap | **Ground Pork**

- Line a baking sheet with parchment paper.
- Add **turkey, panko, BBQ Seasoning, grated apple** and **¼ tsp (½ tsp) salt** to a medium bowl. Season with **pepper**, then combine.
- Using damp hands, roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl) .

3



## Roast meatballs

- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 12-14 min. **\*\***

4



## Make dressing

- Add **vinegar, 1 tsp (2 tsp) cranberry spread, ¼ tsp (½ tsp) sugar** and **1 ½ tbsp (3 tbsp) oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **remaining apples** to the bowl with **dressing**.

5



## Make sauce

- When **meatballs** are almost done, heat a large non-stick pan over medium heat.
- When the pan is hot, add **chipotle sauce, remaining cranberry spread** and **2 tbsp (4 tbsp) water**.
- Bring to a simmer. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **meatballs**. Cook, stirring occasionally, until coated, 30 sec.

6



## Finish and serve

- Add **spinach, tomatoes** and **cucumbers** to the bowl with **apples** and **dressing**. Toss to coat.
- Divide **meatballs** and **salad** between plates.
- Spoon **any remaining sauce** from the pan over **meatballs**.
- Sprinkle **salad topping mix** over **salad**.

Measurements  
within steps

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

## 2 | Form meatballs

Swap | **Ground Pork**

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

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