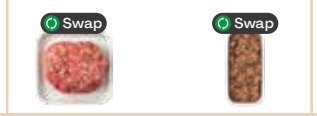




# Smart Dilly Turkey Meatballs

## with Salad and Yogurt Sauce

Smart Meal 30 Minutes



Ground Beef 250g | 500g  
Plant-Based Ground Protein 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](https://www.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.



**vida**  
PADERNO

- Ground Turkey 250 g | 500 g
- Sweet Bell Pepper 1 | 2
- Mini Cucumber 1 | 2
- Lemon 1 | 1
- Italian Breadcrumbs 4 tbsp | 8 tbsp
- Dill-Garlic Spice Blend 1 tsp | 2 tsp
- Zesty Garlic Blend 1 tbsp | 2 tbsp
- Yogurt Sauce 3 tbsp | 6 tbsp
- Croutons 28 g | 56 g
- Spring Mix 113 g | 227 g
- Feta Cheese, crumbled 1/4 cup | 1/2 cup

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 depends 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 \$245.99 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](https://www.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.

**Pantry items** | Salt, sugar, pepper, oil

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

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 peices.
- Cut **cucumber** into ¼-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

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.

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. **\*\***

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.

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.

Measurements  
within steps

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

## 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**.**\*\***

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