



Smart Sweet and Smoky Glazed Turkey Meatballs

with Apple, Cucumber and Tomato Salad

Smart Meal 30 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](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Pork 250 g 500 g	Plant-Based Ground Protein 250 g 500 g



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 1/3 cup 1/2 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	

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.

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.

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**.

2



Form meatballs

- ◉ Swap | **Ground Pork**
- ◉ Swap | **Plant-Based Ground Protein**

- 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) .

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.

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.**

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****

2 | Form plant-based ground protein 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.