



Smart Zesty Chicken Meatballs

with Lemon-Garlic Sauce and Mini Wedges

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

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



Ground Chicken*	Lemon
250 g 500 g	1 2
Chicken Stock Powder	Italian Breadcrumbs
1 tbsp 2 tbsp	4 tbsp 8 tbsp
Zesty Garlic Blend	Yellow Potato
1 tbsp 2 tbsp	250 g 500 g
Baby Spinach	Tomato
56 g 113 g	1 2
Mini Cucumber	Mayonnaise
1 2	2 tbsp 4 tbsp
Sour Cream	Dill
1 2	7 g 7 g

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 | Oil, pepper, salt, sugar

Cooking utensils | 2 baking sheets, large bowl, measuring spoons, medium bowl, parchment paper, whisk, zester

1



Roast potatoes

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

- Cut **potatoes** into ½-inch mini wedges.
- Add **potatoes**, **1 tsp** (2 tsp) **Zesty Garlic Blend** and **1 tbsp** (1 ½ tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until **potatoes** are tender and golden-brown, 20-22 min.

4



Make dilly dressing and lemon-garlic sauce

- Meanwhile, add **1 tbsp** (2 tbsp) **sour cream**, **2 tsp** (4 tsp) **oil**, **1 tsp** (2 tsp) **lemon juice**, **1 tbsp** (1 ½ tbsp) **dill**, **½ tbsp** (1 tbsp) **mayo** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. Set aside (**NOTE**: This is your dilly dressing.)
- Add **remaining mayo**, **remaining sour cream**, **remaining lemon zest**, **remaining Zesty Garlic Blend**, **¼ tsp** (1 tsp) **lemon juice** and a **pinch of sugar** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE**: This is your lemon-garlic sauce.)

2



Prep

- Meanwhile, halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Finely chop **half the dill** (use all for 4 ppl).
- Cut **tomato** into ½-inch pieces.

5



Finish salad

- When **potatoes** and **meatballs** are almost done, add **spinach**, **cucumbers** and **tomatoes** to the bowl with **dilly dressing**. Toss to combine.

3



Roast meatballs

- **Swap** | **Ground Turkey**
- **Swap** | **Plant-Based Ground Protein**
- Line another baking sheet with parchment paper.
- Add **chicken**, **breadcrumbs**, **stock powder**, **half the lemon zest** and **½ tbsp** (1 tbsp) **Zesty Garlic Blend** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl), then arrange on the prepared baking sheet.
- Roast in the **top** of the oven, flipping halfway through, until cooked through, 12-14 min.**

6



Finish and serve

- Divide **mini wedges**, **meatballs** and **salad** between plates.
- Dollop **lemon-garlic sauce** over **meatballs**.
- Sprinkle **any remaining dill** over top.

Measurements
within steps

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

3 | Roast meatballs

Swap | **Ground Turkey**

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

3 | Roast meatballs

Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare and cook it in the same way as the **chicken**, until cooked through.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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