



Smart Thai Turkey Meatball Salad

with Pineapple and Sweet Chili Sauce

Smart Meal

Spicy

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)



Ground Beef
250g | 500g



Plant-Based Ground Protein
250g | 500g



Ground Turkey
250 g | 500 g



Pineapple
95 g | 190 g



Sweet Bell Pepper
1 | 2



Spring Mix
113 g | 227 g



Lime
1 | 2



Crispy Shallots
28 g | 56 g



Sweet Chili Sauce
2 tbsp | 4 tbsp



Thai Seasoning
1 tbsp | 2 tbsp



Fish Sauce
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.

Pantry items | Sugar, oil, salt, pepper

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

1



Start meatballs

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

Swap | **Ground Beef**

Swap | **Plant-Based Ground Protein**

- Reserve **half the crispy shallots** in a small bowl. Set aside. Keep **remaining shallots** in the package, fold the open side over to close, then using a rolling pin or a heavy-bottomed pan, gently crush **crispy shallots** in the package until broken into fine crumbs.
- Line a baking sheet with parchment.
- Add **turkey, Thai seasoning** and **crispy shallot crumbs** to a medium bowl. Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **salt** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **pepper**, then combine.

4



Make dressing and salad

- Meanwhile, add **fish sauce**, **1 tbsp** (2 **tbsp**) **lime juice**, $\frac{1}{2}$ **tsp** (1 **tsp**) **lime zest**, $\frac{1}{2}$ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **pepper**, then whisk to combine.

2



Form and roast meatballs

- Roll **mixture** into **8** (16) **equal-sized meatballs**.
- Arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 12-14 min.**
- When done, toss **meatballs** with **sweet chili sauce** in another medium bowl.

3



Prep

- Meanwhile, core, then cut **pepper** into $\frac{1}{4}$ -inch pieces.
- Cut **pineapple** into $\frac{1}{4}$ -inch pieces.
- Zest, then juice **lime**.

5



Finish and serve

- When the **meatballs** are almost done, add **pineapple, peppers** and **spring mix** to the bowl with the **dressing**, then toss to coat.
- Divide **salad** between plates. Top with **meatballs**.
- Sprinkle **remaining crispy shallots** over top.
- Spoon **any remaining sweet chili sauce** over **salad**.

Measurements
within steps

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

1 | Start 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**.**

1 | Start 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 as the **turkey**, until cooked through.**

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