

HELLO Smart Zesty Chicken Meatballs With Lorent Garlie Squae and Mini Wodges

with Lemon-Garlic Sauce and Mini Wedges

Smart Meal

25 Minutes





Customized Protein Add

🚫 Swap)

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 🎥









Ground Chicken

250 g | 500 g





Chicken Stock Powder



Breadcrumbs

4 tbsp | 8 tbsp

1 tbsp | 2 tbsp



Zesty Garlic Blend



1 tbsp | 2 tbsp







Baby Spinach 56 g | 113 g



Mini Cucumber 1 2



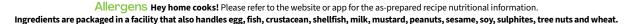
2 tbsp | 4 tbsp



Sour Cream



7 g | 7 g



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



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.



Prep

- Meanwhile, halve cucumber lengthwise, then cut into 1/4-inch half-moons.
- · Zest, then juice lemon.
- Finely chop half the dill (use all for 4 ppl).
- Cut tomato into ½-inch pieces.



Roast meatballs

🗘 Swap | Ground Beef

🔘 Swap | Beyond Meat®

- Line another baking sheet with parchment paper.
- Add chicken, breadcrumbs, stock powder, half the lemon zest and 1/2 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.**



Makedill dressing and lemongarlic 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, then whisk to combine. Set aside (NOTE: This is your dill dressing.)
- Add remaining mayo, remaining sour cream, remaining lemon zest, remaining Zesty Garlic Blend, ¼ tsp (½ tsp) lemon juice and a pinch of sugar to a small bowl. Season with salt and pepper, then stir to combine. (NOTE: This is your lemon-garlic sauce.)



Finish salad

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



Finish and serve

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

Measurements 1 tbsp within steps 2 person

oil

3 | Roast meatballs

O Swap | Ground Beef

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

3 | Roast meatballs

🔘 Swap | Beyond Meat®

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

- 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.