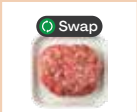




# Smart Sweet and Smoky Glazed Turkey Meatballs with Apple, Cucumber and Tomato Salad

Smart Meal

30 Minutes



Ground Beef  
250 g | 500 g

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](http://www.hellofresh.ca)



- 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  
1/2 cup | 1/4 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 and discard any liquid. Set aside.
- Halve **cucumbers** lengthwise, then cut into thin half-moons.
- Cut **tomato** into ¼-inch pieces.

2



## Form meatballs

Swap | **Ground Beef**

- 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).

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.\*\*

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**.

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.

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 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 **turkey**\*\*

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