



Smart Indian Turkey Meatballs

with Chickpeas and Cilantro Yogurt

Smart Meal

Spicy

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)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Chickpeas
1 | 2



Zucchini
1 | 2



Cilantro
7 g | 14 g



Greek Yogurt
1 | 2



Crispy Shallots
14 g | 28 g



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Indian Spice Mix
1 tbsp | 2 tbsp



Radish
2 | 4



Mango Chutney
2 tbsp | 4 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 | Oil, salt, pepper

Cooking utensils | Baking sheet, colander, large non-stick pan, measuring spoons, 3 medium bowls, paper towels, parchment paper, small bowl

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons.
- Drain and rinse **chickpeas**. Pat dry with paper towels.
- Open one side of the package of **crispy shallots**. Using a rolling pin or heavy-bottomed pot, crush **crispy shallots** in their package until broken into small crumbs (or finely chop if you prefer).

2



Season zucchini

- Add **zucchini**, **half the Indian Spice Mix** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.

3



Form and roast meatballs

- [Swap](#) | [Ground Beef](#)
- [Swap](#) | [Beyond Meat®](#)
- Add **ginger-garlic puree**, **half the shallots** (use all for 4 ppl), **remaining Indian Spice Mix** and **¼ tsp** (½ tsp) **salt** to a medium bowl.
- Crumble in **turkey**. Season with **pepper**, then combine.
- Using wet or oiled hands, form **turkey mixture** into **8 (16) equal meatballs**.
- Transfer **meatballs** to other side of the baking sheet with **zucchini**. Roast in the **top** of the oven until **zucchini** is tender and **meatballs** are cooked through, 12-14 min.**

4



Season yogurt and radishes

- Meanwhile, thinly slice **radishes**.
- Finely chop **cilantro**.
- Add **radishes**, **half the cilantro** and **½ tbsp** (1 tbsp) **oil** in a medium bowl. Season with **salt** and **pepper**, then combine.
- In another medium bowl, add **yogurt** and **remaining cilantro**. Season with **salt** and **pepper**, then combine. (**TIP:** Add a pinch of sugar to the yogurt, if you like.)

5



Cook chickpeas and glaze meatballs

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chickpeas**. Cook, tossing often, until golden in spots, 5-7 min.
- Remove from heat, then transfer **chickpeas** to a small bowl. Cover to keep warm.
- When **meatballs** are done, add **half the mango chutney** (use all for 4 ppl) and **2 tbsp** (4 tbsp) **water** to the same pan. Bring to a simmer over medium heat, 1 min.
- Add **meatballs**, then toss to coat.

6



Finish and serve

- Divide **chickpeas** and **zucchini** between plates.
- Top with **meatballs** and **any remaining glaze** in the pan.
- Dollop **cilantro yogurt** over top.
- Serve **radishes** alongside or over top.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Form and roast 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****.

3 | Form and 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 **turkey****.

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