



Mango Chutney-Glazed Turkey Meatballs

with Creamy Cucumber-Radish Salad and Rice

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



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Green Onion
2 | 4



Indian Spice Mix
1 tbsp | 2 tbsp



Basmati Rice
¾ cup | 1 ½ cups



Mini Cucumber
1 | 2



Yogurt Sauce
3 tbsp | 6 tbsp



Cilantro
7 g | 14 g



Mango Chutney
2 tbsp | 4 tbsp



Radish
2 | 3



Italian Breadcrumbs
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.

1



Cook rice

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

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Make meatballs

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Meanwhile, add **half the mango chutney** to a medium bowl (use all for 4 ppl). Set aside.
- Thinly slice **green onions**.
- Line a baking sheet with parchment paper.
- Add **turkey, breadcrumbs, half the green onions, Indian Spice Mix, ¼ tsp** (½ tsp) **salt** and **½ tsp** (¼ tsp) **pepper** to a large bowl. Stir to combine.

3



Cook meatballs

- Roll **mixture** into 8 (16) equal-sized **meatballs**. (TIP: Wetting your hands before making meatballs will make the mixture less sticky!)
- Arrange **meatballs** on the prepared baking sheet. Drizzle **1 tsp** (2 tsp) **oil** over **meatballs**. Bake in the **middle** of the oven, flipping once halfway through, until golden-brown and cooked through, 10-12 min.**
- Once **meatballs** are finished cooking, add **meatballs** to the bowl with **mango chutney**, then toss to coat.

4



Make creamy salad

- Meanwhile, cut **radishes** into ¼-inch half-moons.
- Cut **cucumber** into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Add **radishes** and **cucumbers** to another medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Add **yogurt sauce** and **half the cilantro**, then stir to combine.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **1 tbsp** (2 tbsp) **butter** and **remaining green onions**.
- Divide **rice** between plates.
- Top with **meatballs**, spooning over **any remaining sauce** from the bowl.
- Divide **salad** between plates.
- Sprinkle **remaining cilantro** over **meatballs**.

Measurements
within steps

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

2 | Make 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**.**

2 | Make Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

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