

# HELLO Mango Chutney-Glazed Turkey Meatballs With Creamy Cusumber-Radish Salad and Rice

with Creamy Cucumber-Radish Salad and Rice

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 降











**Ground Turkey** 250 g | 500 g

Green Onion



Indian Spice Mix



34 cup | 1 ½ cups

1tbsp | 2tbsp







3 tbsp | 6 tbsp







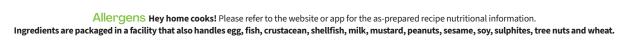
Mango Chutney 2 tbsp | 4 tbsp



Radish 2 | 3



Breadcrumbs 2 tbsp | 4 tbsp



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Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, 2 medium bowls, medium pot, parchment paper



# Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 1 1/4 cups (2 1/2 cups) water and 1/8 tsp (1/4 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.



# Make meatballs

### O 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 1/8 tsp (1/4 tsp) pepper to a large bowl. Stir to combine.



# Cook meatballs

 Roll mixture into 8 (16) equal-sized meatballs. (TIP: Wetting your hands before sticky!)

meatballs to the bowl with mango chutney, then toss to coat.



- making meatballs will make the mixture less
- 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



# Make creamy salad

- Meanwhile, cut radishes into 1/4-inch half-moons.
- Cut cucumber into 1/4-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.



# 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 person

oil

# 2 | Make 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 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.\*\*