



# Smart Sweet and Smoky Glazed Turkey Meatballs

## with Apple, Radish and Tomato Salad

Smart Meal

30 Minutes

Customized Protein

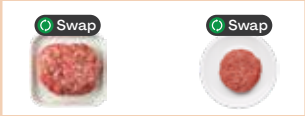
+ Add

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



Gala Apple  
1 | 2



Baby Spinach  
113 g | 227 g



Tomato  
1 | 2



Radish  
3 | 6



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.

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 **any liquid**. Set aside.
- Halve **radishes** lengthwise, then cut into thin half-moons.
- Cut **tomato** into ¼-inch pieces.

2



## Form meatballs

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Line a baking sheet with parchment paper.
- Add **turkey**, **half the panko** (use all for 4 ppl), **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.
- 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 **radishes** 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

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.

## 2 | Form meatballs

Swap | **Ground Beef**

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

## 2 | Form Beyond Meat® meatballs

Swap | **Beyond Meat®**

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