

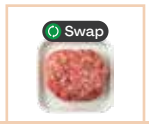


# Smart Zesty Chicken Meatballs

with Lemon-Garlic Sauce and Wedges

Smart Meal

25 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](https://www.hellofresh.ca)



- Ground Chicken\*  
250 g | 500 g
- Lemon  
1 | 2
- Chicken Stock Powder  
1 tbsp | 2 tbsp
- Italian Breadcrumbs  
4 tbsp | 8 tbsp
- Zesty Garlic Blend  
1 tbsp | 2 tbsp
- Yellow Potato  
250 g | 500 g
- Baby Spinach  
56 g | 113 g
- Tomato  
1 | 2
- Mayonnaise  
2 tbsp | 4 tbsp
- Sour Cream  
1 | 2
- Dill  
7 g | 7 g
- Celery  
3 | 6

**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, pepper, salt, sugar

Cooking utensils | 2 baking sheets, large bowl, measuring spoons, medium bowl, parchment paper, small bowl, whisk, zester

1



### Roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **1 tsp** (2 tsp) **Zesty Garlic Blend** and **1 tbsp** (1 ½ tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until **potatoes** are tender and golden, 20-22 min.

2



### Prep

- Meanwhile, cut **celery** into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Finely chop **half the dill** (use all for 4 ppl).
- Cut **tomato** into ½-inch pieces.

3



### Roast meatballs

Swap | Ground Beef

- Line another baking sheet with parchment paper.
- Add **chicken**, **breadcrumbs**, **stock powder**, **half the lemon zest** and ½ **tbsp** (1 **tbsp**) **Zesty Garlic Blend** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl), then arrange on the prepared baking sheet.
- Roast in the **top** of the oven, flipping halfway through, until cooked through, 12-14 min. **\*\***

4



### Make dill dressing and lemon-garlic sauce

- Meanwhile, add **1 tbsp** (2 **tbsp**) **sour cream**, **2 tsp** (4 **tsp**) **oil**, **1 tsp** (2 **tsp**) **lemon juice**, **1 tbsp** (1 ½ **tbsp**) **dill**, ½ **tbsp** (1 **tbsp**) **mayo** and ¼ **tsp** (½ **tsp**) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside (**NOTE**: This is your dill dressing.)
- Add **remaining mayo**, **remaining sour cream**, **remaining lemon zest**, **remaining Zesty Garlic Blend**, ¼ **tsp** (½ **tsp**) **lemon juice** and a **pinch of sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. (**NOTE**: This is your lemon-garlic sauce.)

5



### Finish salad

- When **potatoes** and **meatballs** are almost done, add **spinach**, **celery** and **tomatoes** to the bowl with **dill dressing**. Toss to combine.

6



### Finish and serve

- Divide **wedges**, **meatballs** and **salad** between plates.
- Dollop **lemon-garlic sauce** over **meatballs**.
- Sprinkle **any remaining dill** over top.

Measurements  
within steps

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

### 3 | 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 **chicken**. **\*\***

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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