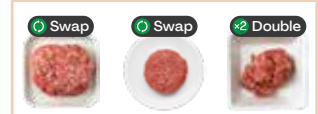




Feta-Turkey Meatballs

with Sundried Tomato Orzo

25 Minutes



Customized Protein

+ Add

Swap

or

x2 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 500 g | 1000 g



- Ground Turkey 250 g | 500 g
- Panko Breadcrumbs 1/3 cup | 1/3 cup
- Feta Cheese, crumbled 1/4 cup | 1/2 cup
- Yellow Onion, chopped 56 g | 113 g
- Baby Spinach 56 g | 113 g
- Chicken Broth Concentrate 1 | 2
- Sun-Dried Tomato Pesto 1/4 cup | 1/2 cup
- Cream 56 ml | 113 ml
- Orzo 170 g | 340 g
- Dill-Garlic Spice Blend 1 tsp | 2 tsp
- Whole Grain Mustard 1/2 tbsp | 1 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 | Unsalted butter, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, parchment paper, strainer

1



Cook orzo

- Before starting, preheat the oven to 450°F.
- Add 6 cups water and 1 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{3}$ **cup** ($\frac{2}{3}$ cup) **pasta water**, then drain.

2



Prep and bake meatballs

- 🔄 Swap | **Ground Beef**
- 🔄 Swap | **Beyond Meat®**
- *2 Double | **Ground Turkey**

- Meanwhile, finely chop **some spinach** to get **1 tbsp** (2 tbsp). Roughly chop **remaining spinach**.
- Line a baking sheet with parchment paper.
- Add **turkey, panko, half the Dill-Garlic Spice Blend, half the feta, finely chopped spinach, $\frac{1}{4}$ tsp** ($\frac{1}{2}$ tsp) **salt** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **pepper** to a medium bowl. Stir to combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Arrange **meatballs** on the prepared baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

4



Simmer sauce

- Add **chicken broth concentrate, sun-dried tomato pesto, remaining Dill-Garlic Spice Blend, reserved pasta water, cream** and **drained orzo** to the pan. Cook, stirring often, until well combined, 1 min.
- Bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **sauce** thickens slightly, 2-4 min.

5



Finish orzo

- Add **remaining spinach** and **mustard** to the pan. Cook, stirring occasionally, until wilted, 1 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.

3



Start sauce

- Meanwhile, heat a large non-stick pan over medium heat, then add **1 tbsp** (2 tbsp) **butter**. Swirl the pan to melt.
- Add **onions** to the pan. Cook, stirring often, until softened, 3-4 min.

6



Finish and serve

- Divide **orzo** between bowls.
- Top with **turkey meatballs**.
- Sprinkle over **remaining feta**.

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 | Prep and bake 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 | Bake 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****.

2 | Prep and bake meatballs

*2 Double | **Ground Turkey**

If you've opted for **double turkey**, add an extra $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **salt** to the **turkey mixture**. Roll **mixture** into 16 (32) equal-sized **meatballs**.

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