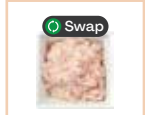




Aegean Sea-Inspired Feta Meatballs

with Lemon-Pepper Potatoes and Feta Sauce

Family Friendly 30-40 Minutes



Ground Chicken*
250 g | 500 g

↗ Custom Recipe + 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



Italian Breadcrumbs
¼ cup | ½ cup



Chicken Broth Concentrate
1 | 2



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup



Russet Potato
2 | 4



Italian Dressing
2 tbsp | 4 tbsp



Tomato
1 | 2



Spring Mix
56 g | 113 g



Croutons
28 g | 56 g



Yogurt Sauce
45 ml | 90 ml

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*, pepper*

Cooking utensils | 2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the Lemon-Pepper Seasoning** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.**

2



Make feta sauce

- Meanwhile, add **yogurt sauce** and **1 tbsp** (2 tbsp) **feta** to a small bowl.
- Season with **pepper**, to taste, then stir to combine.

3



Prep meatballs

Swap | Ground Chicken

- Add **beef**, **breadcrumbs**, **broth concentrate**, **remaining Lemon-Pepper Seasoning** and ¼ **tsp** (½ tsp) **salt** to a large bowl, then combine.
- Add **remaining feta**, then gently mix.

4



Roast meatballs

- Roll **mixture** into **8 equal-sized meatballs** (16 **meatballs** for 4 ppl).
- Transfer to another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 12-14 min.**

5



Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- When **meatballs** and **potatoes** are done, add **spring mix**, **croutons** and **tomatoes** to another large bowl. Drizzle **Italian dressing** over top, then toss to combine.

6



Finish and serve

- Divide **potatoes**, **meatballs** and **salad** between plates.
- Serve **feta sauce** alongside for dipping.

Measurements
within steps

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

3 | Prep chicken meatballs

Swap | Ground Chicken

If you've opted to get **chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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



Issue with your meal? Scan the QR code to share your feedback.