



Cal Smart Cranberry-Glazed Turkey Meatballs

with Sweet Potato Mash and Parmesan Green Beans

Calorie Smart

35 Minutes



Ground Turkey



Cranberry Spread



Parmesan Cheese, grated



Green Beans



Sweet Potato



Chicken Broth Concentrate



Garlic, cloves



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HELLO CRANBERRY SPREAD

This condiment adds sweet and tart flavour to all kinds of dishes!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Cranberry Spread	2 tbsp	4 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Green Beans	340 g	680 g
Sweet Potato	340 g	680 g
Chicken Broth Concentrate	1	2
Garlic, cloves	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Prep and cook sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat.



Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining garlic**. Cook, stirring often, until **butter** melts and **garlic** is fragrant, 1 min.
- Sprinkle **remaining Parmesan** over **green beans**, then toss to coat. Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Trim **green beans**.
- Line a baking sheet with parchment paper.



Mash sweet potatoes and glaze meatballs

- Meanwhile, mash **1 tbsp** (2 tbsp) **butter** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste, then cover to keep warm.
- Heat the same pan over medium-low.
- When hot, add **cranberry spread, broth concentrate** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Remove from heat, then season with **salt** and **pepper**.
- When **meatballs** are cooked through, transfer **meatballs** to the pan with **cranberry glaze**. Toss to combine.



Form and cook meatballs

- Add **turkey, half the Parmesan** and **half the garlic** to a large bowl. Season with ¼ tsp (½ tsp) **salt** and **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 12-14 min.**



Finish and serve

- Divide **sweet potato mash** and **green beans** between plates. Top **mash** with **cranberry-glazed turkey meatballs**.
- Drizzle **any remaining cranberry glaze** from the pan over top.

Dinner Solved!