



Cal Smart Cranberry-Glazed Turkey Meatballs

with Potato Mash and Parmesan Broccoli

Calorie Smart

35 Minutes



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Ground Turkey



Cranberry Spread



Parmesan Cheese,
grated



Broccoli, florets



Red Potato



Chicken Broth
Concentrate



Garlic, cloves

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 person) **(2 tbsp)** (4 person) **oil** 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
Broccoli, florets	227 g	454 g
Red Potato	350 g	700 g
Chicken Broth Concentrate	1	2
Garlic, cloves	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	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.



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Prep and cook potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **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 **potatoes** to the same pot, off heat.



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **broccoli** and **¼ cup (½ cup) water**. Cook, stirring occasionally, until water evaporates, 4-5 min. (**TIP:** Add more water, 1 tbsp at a time, as needed, if water evaporates too quickly!)
- 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 **broccoli**, then toss to coat. Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.
- Carefully wipe pan clean.



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.
- Line a baking sheet with parchment paper.



Mash potatoes and glaze meatballs

- Meanwhile, mash **1 tbsp (2 tbsp) butter** and **2 tbsp (4 tbsp) milk** into **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 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 meatballs 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 **mash** and **Parmesan broccoli** between plates. Top **mash** with **cranberry-glazed turkey meatballs**.
- Drizzle **any remaining cranberry glaze** from the pan over top.

Dinner Solved!