

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,

Broccoli, florets





Red Potato

Concentrate



Garlic, cloves



HELLO CRANBERRY SPREAD

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 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

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	2 Person	4 Person
Ground Turkey	250 g	500 g
Cranberry Spread	2 tbsp	4 tbsp
Parmesan Cheese, grated	1/4 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.



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.



Prep

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



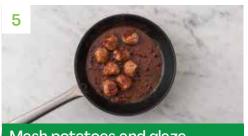
Form and cook meatballs

- 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.**



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add broccoli and
 4 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.



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.



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!

