



Smart Dilly Turkey Meatballs

with Salad and Tzatziki

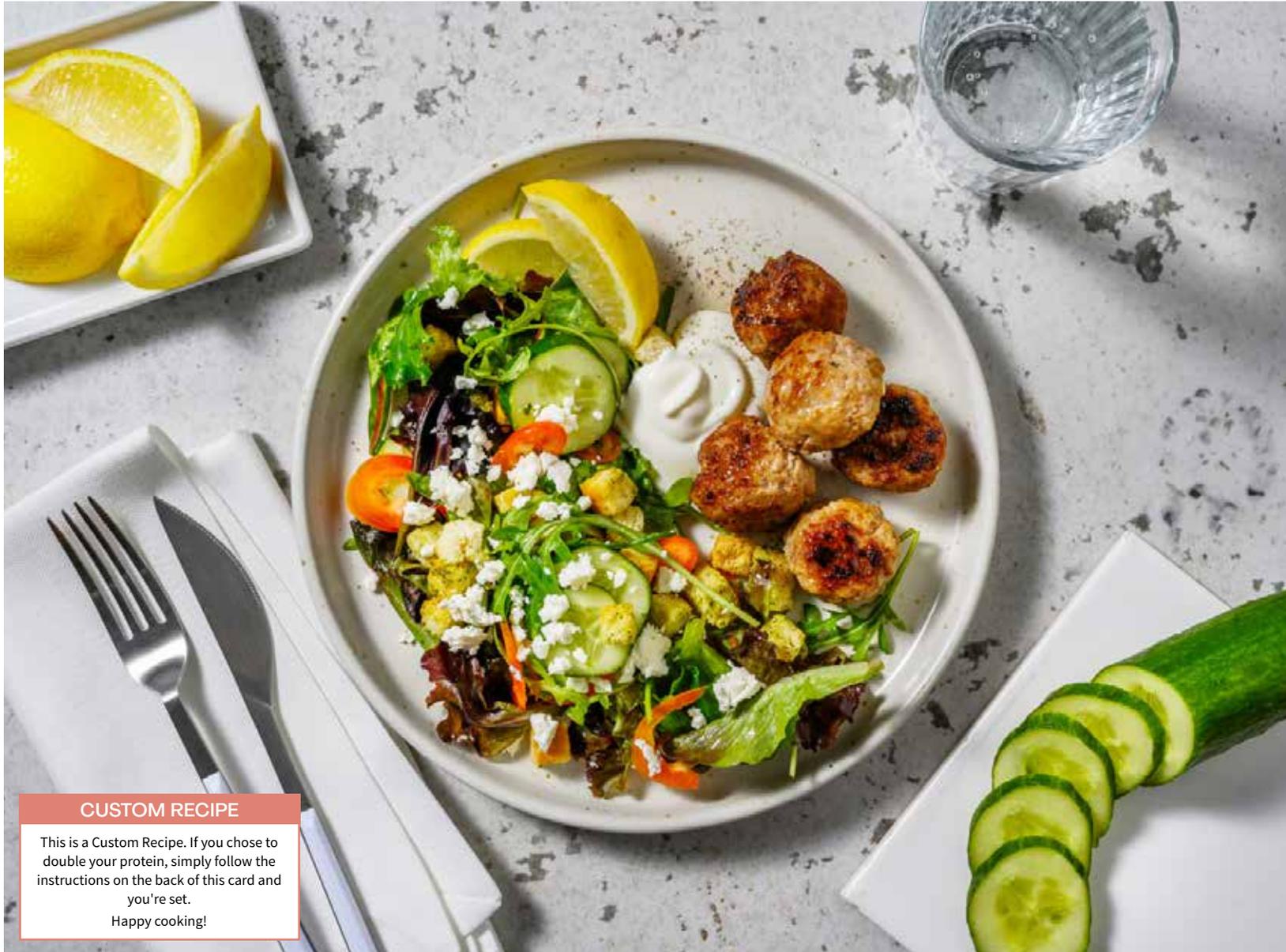
Carb Smart

Calorie Smart

30 Minutes



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



CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Turkey
- Double Ground Turkey
- Croutons
- Italian Breadcrumbs
- Spring Mix
- Mini Cucumber
- Mini Sweet Pepper
- Lemon
- Yogurt Sauce
- Feta Cheese, crumbled
- Zesty Garlic Blend
- Dill-Garlic Spice Blend

HELLO LEMON ZEST

Punch up the flavour of rice with a sprinkle of lemon zest!

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)

Zest Guide for Step 3:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Zesty: 1 tsp (2 tsp)

Bust out

Baking sheet, measuring spoons, zester, 2 large bowls, parchment paper, small bowl, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Croutons	28 g	56 g
Italian Breadcrumbs	¼ cup	½ cup
Spring Mix	113 g	227 g
Mini Cucumber	66 g	132 g
Mini Sweet Pepper	2	4
Lemon	1	1
Yogurt Sauce	45 ml	90 ml
Feta Cheese, crumbled	¼ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

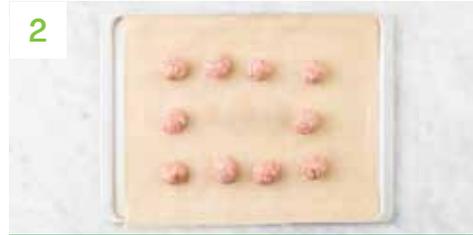
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Core, then cut **peppers** into ¼-inch rounds.
- Cut **cucumber** into ¼-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Form and cook meatballs

- Line a baking sheet with parchment paper.
- Add **turkey, breadcrumbs, Dill-Garlic Spice Blend, half the Zesty Garlic Blend** and ¼ tsp (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- With wet hands, roll **mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

If you've opted for **double turkey**, add an **extra ¼ tsp (½ tsp) salt** to the **mixture**. (**TIP:** For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Roll into **20 equal-sized meatballs** (40 meatballs for 4 ppl).



Make salad

- Add ½ **tbsp** (1 **tbsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **sugar** and 1 **tbsp** (2 **tbsp**) **oil** to another large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **peppers, cucumbers, croutons** and **spring mix**, then toss to combine.



Season yogurt sauce

- Meanwhile, add **yogurt sauce** and ½ **tsp** (1 **tsp**) **lemon zest** to a small bowl. (**NOTE:** Reference zest guide.)
- Season with **salt** and **pepper**, then stir to combine.



Finish and serve

- Divide **meatballs** and **salad** between plates.
- Sprinkle **feta** over **salad**.
- Serve **tzatziki** alongside.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



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