



Smart Honey-Garlic Turkey Meatballs

with Cheesy Broccoli and Cauliflower-Potato Mash

Carb Smart

Calorie Smart

35 Minutes



Ground Turkey



Russet Potato



Cauliflower, florets



Broccoli, florets



Garlic, cloves



Italian Breadcrumbs



Honey



White Cheddar Cheese, shredded



Garlic Salt



Dijon Mustard

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Russet Potato	230 g	460 g
Cauliflower, florets	285 g	570 g
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Italian Breadcrumbs	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
White Cheddar Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Dijon Mustard	1 ½ tsp	3 tsp
Unsalted Butter*	2 tbsp	4 tbsp
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.

Contact

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hello@hellofresh.ca

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1 Prep

Add **10 cups warm water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, cut **broccoli** into bite-sized pieces. Cut **cauliflower** into bite-sized pieces. Peel, then cut **potatoes** into 1-inch pieces. Peel, then mince or grate **garlic**.



4 Form and roast meatballs

While **broccoli** roasts, add **turkey, breadcrumbs, remaining garlic salt** and **half the garlic** to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl). (**TIP:** Wet your hands for easier rolling!) Transfer **meatballs** to another unlined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



2 Cook cauliflower and potatoes

Add **cauliflower** and **potatoes** to the **boiling water**. Cook, stirring occasionally, until tender 10-12 min. Reserve **¼ cup cooking water** (dbl for 4 ppl), then drain and return **cauliflower** and **potatoes** to the same pot, off heat. Roughly mash **2 tbsp butter** (dbl for 4 ppl) into **cauliflower** and **potatoes** until slightly creamy. (**TIP:** For a lighter consistency, add reserved cooking water, 1 tbsp at a time, if desired.)



5 Glaze meatballs

When **meatballs** are done, add **2 tbsp water** (dbl for 4 ppl), **honey, Dijon** and **remaining garlic** to a large non-stick pan. Season with **pepper**, then stir to combine. Bring to a simmer over medium heat. Cook, stirring often, until **glaze** thickens slightly, 2-3 min. Add **meatballs**, then toss to coat.



3 Roast broccoli

While **cauliflower** and **potatoes** cook, add **broccoli** and **2 tbsp water** (dbl for 4 ppl) to an unlined baking sheet. Season with **half the garlic salt** and **pepper**. Roast in the **top** of the oven until tender-crisp, 10-12 min. Remove the baking sheet from oven, then move **broccoli** towards centre of the baking sheet. Sprinkle **cheese** over **broccoli**. Return to the oven and bake until **cheese** melts, 2-4 min.



6 Finish and serve

Divide **cheesy broccoli** and **cauliflower and potato mash** between plates. Top **mash** with **meatballs** and **any remaining glaze** from the pan.

Dinner Solved!