



Smart Mini Turkey Meatballs and Flatbread Chips

with Mint-Cucumber Raita

Carb Smart

Calorie Smart

Quick

25 Minutes



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Ground Turkey



Cumin-Turmeric
Spice Blend



White Wine Vinegar



Baby Spinach



Roma Tomato



Sour Cream



Mint



Mini Cucumber



Flatbread



Panko Breadcrumbs



Garlic Salt

HELLO MINT

Fresh and herbaceous, this herb works great in both sweet and savoury 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

2 Baking sheets, medium bowl, measuring spoons, box grater, large bowl, small bowl, large non-stick pan, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
White Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Roma Tomato	95 g	190 g
Sour Cream	6 tbsp	12 tbsp
Mint	7 g	14 g
Mini Cucumber	132 g	198 g
Flatbread	1	2
Panko Breadcrumbs	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	⅛ tsp	¼ 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.

1



Prep and cook meatballs

- Add **turkey, panko, Cumin-Turmeric Blend** and **¾ tsp** (1 ½ tsp) **garlic salt** to a medium bowl. Season with **pepper**, then combine.
- Heat a large non-stick pan over medium heat.
- While the pan heats, roll **mixture** into 12 equal-sized meatballs (24 meatballs for 4 ppl).
- When hot, add **½ tbsp oil**, then **meatballs**. (**NOTE:** Don't overcrowd the pan; cook meatballs in two batches using ½ tbsp oil per batch.) Cook, turning **meatballs** occasionally, until golden-brown, 4-6 min.
- Transfer **meatballs** to an unlined baking sheet. Roast in the **top** of the oven until **meatballs** are cooked through, 6-8 min.**

4



Make raita

- Add **sour cream, grated cucumber** and **half the mint** to a small bowl. Season with **salt** and **pepper**, to taste.

2



Make flatbread chips

- Meanwhile, drizzle or brush **½ tbsp oil** over **1 flatbread** (use 1 tbsp and 2 flatbreads for 4 ppl), then season with **pepper** and **remaining garlic salt**. (**NOTE:** Save the extra flatbread for another use.)
- Cut **flatbread** into 8 even wedges (16 wedges for 4 ppl).
- Transfer **flatbread wedges** to another unlined baking sheet and arrange in an even layer.
- Toast **flatbread wedges** in the **middle** of the oven until golden and crisp, 7-9 min.

5



Make salad

- Add **vinegar, 1 tbsp** (2 tbsp) **oil** and **⅛ tsp** (¼ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- When **meatballs** are done, add **cucumber rounds, tomatoes** and **spinach** to the bowl with **vinaigrette**, then toss to combine.

3



Prep

- Meanwhile, coarsely grate **half a cucumber** (use same for 4 ppl), then cut **remaining cucumbers** into ¼-inch rounds.
- Cut **tomato** into ½-inch pieces.
- Pick **mint leaves** off stems, then finely chop **leaves**.

6



Finish and serve

- Divide **salad, meatballs** and **chips** between plates.
- Dollop **meatballs** with **mint raita**.
- Sprinkle **remaining mint** over top, if desired.

Dinner Solved!



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