

Smart Mini Turkey Meatballs and Flatbread Chips

with Mint-Cucumber Raita

Carb Smart

Calorie Smart

Quick

25 Minutes



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Cumin-Turmeric Spice Blend



White Wine Vinegar







Sour Cream

Roma Tomato





Mini Cucumber



Flatbread



Panko Breadcrumbs



Garlic Salt



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

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

Ingredients

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	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	1/4 cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	⅓ tsp	1/4 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 and cook meatballs

- Add **turkey**, **panko**, **Cumin-Turmeric Blend** and **34 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.**



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.



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**.



Make raita

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



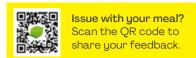
Make salad

- Add vinegar, 1 tbsp (2 tbsp) oil and % 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.



Finish and serve

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



Dinner Solved!