



Smart Sweet and Smoky Glazed Turkey Meatballs

with Apple, Radish and Tomato Salad

Smart Meal

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Plant-Based
Ground Protein
250 g | 500g



Ground Turkey
250 g | 500 g



Gala Apple
1 | 2



Baby Spinach
113 g | 227 g



Tomato
1 | 2



Radish
3 | 6



Panko
Breadcrumbs
¼ cup | ½ cup



Salad Topping
Mix
28 g | 56 g



Chipotle Sauce
2 tbsp | 4 tbsp



Cranberry Spread
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



White Wine
Vinegar
1 tbsp | 2 tbsp



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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, strainer, box grater, large bowl, parchment paper, whisk, large non-stick pan

1



Prep

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

- Core **apple**. Coarsely grate **half the apple**. Cut **remaining apple** into ¼-inch pieces.
- Transfer **grated apple** to a strainer. Using your hands, squeeze out any liquid. Set aside.
- Halve **radishes** lengthwise, then cut into thin half-moons.
- Cut **tomato** into ¼-inch pieces.

2



Form meatballs

Swap | **Ground Beef**

Swap | **Plant-Based Ground Protein**

- Line a baking sheet with parchment paper.
- Add **turkey, panko, BBQ Seasoning, grated apple** and ¼ **tsp** (½ **tsp**) **salt** to a medium bowl. Season with **pepper**, then combine.
- Using damp hands, roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).

3



Roast meatballs

- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 12-14 min.**

4



Make dressing

- Add **vinegar, 1 tsp** (2 **tsp**) **cranberry spread, ¼ tsp** (½ **tsp**) **sugar** and **1 ½ tbsp** (3 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **remaining apples** to the bowl with dressing.

5



Make sauce

- When **meatballs** are almost done, heat a large non-stick pan over medium heat.
- When hot, add **chipotle sauce, remaining cranberry spread** and **2 tbsp** (4 **tbsp**) **water**. Bring to a simmer. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **meatballs**. Cook, stirring occasionally, until coated, 30 sec.

6



Finish and serve

- Add **spinach, tomatoes** and **radishes** to the bowl with **apples** and **dressing**. Toss to coat.
- Divide **meatballs** and **salad** between plates.
- Spoon **any remaining sauce** from the pan over **meatballs**.
- Sprinkle **salad topping mix** over **salad**.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Form meatballs

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey****

2 | Form meatballs

Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey****

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



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