



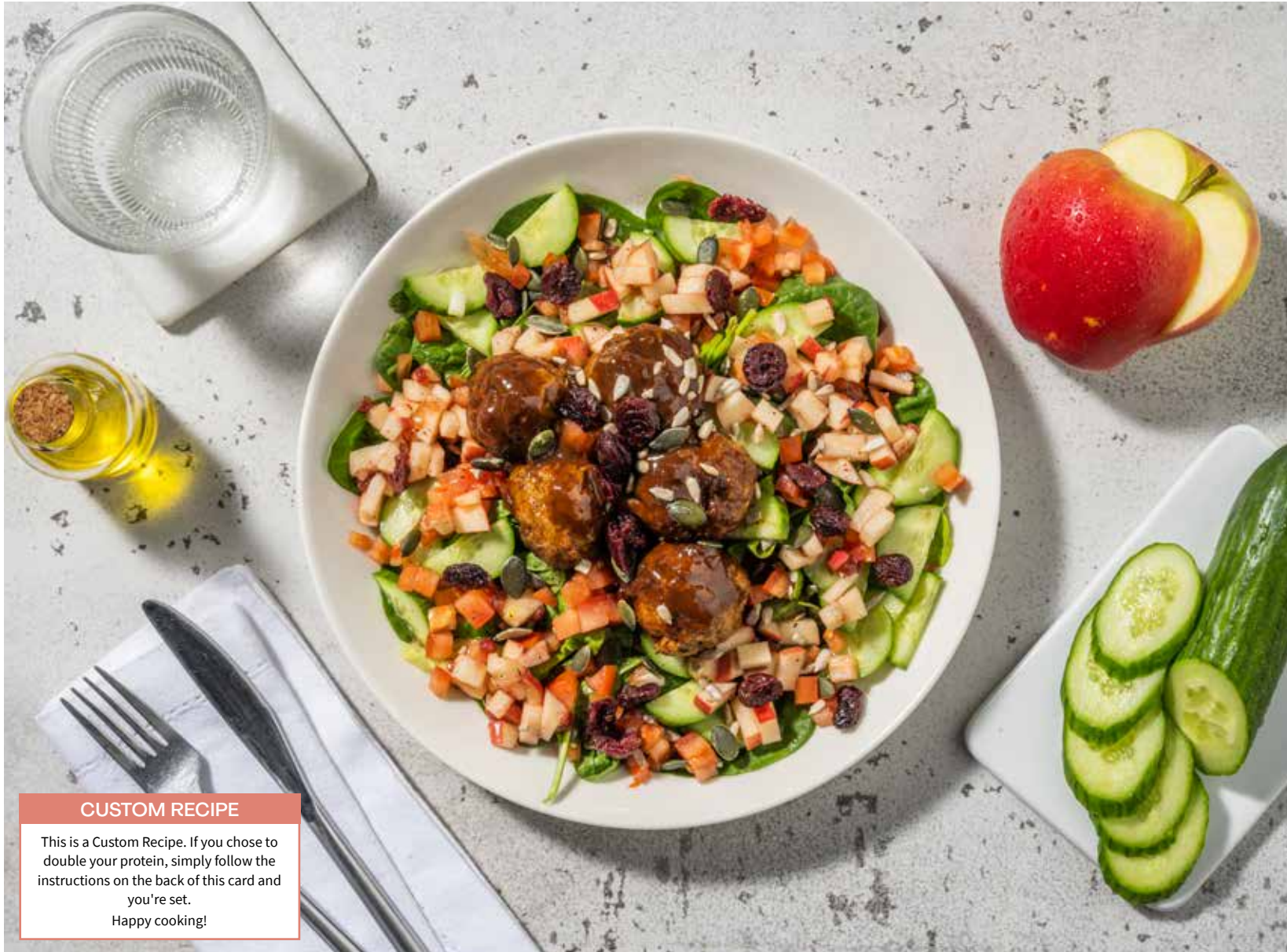
Smart Sweet N' Smoky Glazed Turkey Meatballs

with Apple, Cucumber and Tomato Salad

Carb Smart Calorie Smart 30 Minutes



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Ground Turkey



Double Ground Turkey



Gala Apple



Baby Spinach



Roma Tomato



Mini Cucumber



Panko Breadcrumbs



Salad Topping Mix



Chipotle Sauce



Cranberry Spread



BBQ Seasoning



White Wine Vinegar

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!

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 450°F.
- Wash and dry all produce.

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

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Ground Turkey | 250 g | 500 g |
| Double Ground Turkey | 250 g | 500 g |
| Gala Apple | 1 | 2 |
| Baby Spinach | 113 g | 227 g |
| Roma Tomato | 1 | 2 |
| Mini Cucumber | 1 | 2 |
| 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 |
| Sugar* | ¼ tsp | ½ 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 **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 **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Cut **tomato** into ¼-inch pieces.



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**.



Form meatballs

- 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) .

If you've opted for **double turkey**, add an extra **¼ tsp** (½ tsp) **salt** to the **mixture**. Roll into 16 equal-sized meatballs (32 meatballs for 4 ppl).



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.



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. **



Finish and serve

- Add **spinach**, **tomatoes** and **cucumbers** 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**.

Dinner Solved!



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