



# Smart Turkey Zucchini Meatballs with Couscous

Carb Smart

Calorie Smart

30 Minutes



Ground Turkey



Zucchini



Mediterranean Spice Blend



Hummus



Lemon



Parsley



Baby Tomatoes



Chicken Broth Concentrate



Red Onion



Couscous



Garlic, cloves

HELLO PARSLEY

*This versatile herb has a citrusy twist!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, zester, aluminum foil, medium pot, large bowl, measuring cups, large non-stick pan, grate, small bowl

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Zucchini	200 g	400 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Hummus	4 tbsp	8 tbsp
Lemon	1	2
Parsley	7 g	14 g
Baby Tomatoes	113 g	227 g
Chicken Broth Concentrate	1	2
Red Onion	113 g	226 g
Couscous	¼ cup	½ cup
Garlic, cloves	2	4
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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## Cook couscous

- Add **¾ cup water**, **¼ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



## Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini half-moons, tomatoes** and **onions**. Cook, stirring often, until **zucchini** is tender-crisp, 3-4 min.



## Prep

- Meanwhile, grate **half the zucchini**.
- Cut **remaining zucchini** in half lengthwise, then into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Peel, then cut **onion** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.



## Finish couscous and mix hummus sauce

- When **couscous** is done, add **lemon zest, remaining parsley, ½ tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**, then stir to combine.
- Add **hummus, remaining lemon juice**, and **1 tbsp water** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Form and bake meatballs

- Prepare a foil-lined baking sheet.
- Add **turkey, garlic, Mediterranean Spice Blend, grated zucchini, half the parsley** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **6 equal-sized meatballs** (12 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top.
- Bake in the **middle** of the oven until **meatballs** are golden and cooked through, 12-16 min.\*\*



## Finish and serve

- Divide **couscous** between plates. Top with **meatballs** and **veggies**.
- Drizzle **hummus sauce** over top.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!