

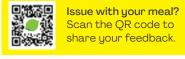
Smart Zesty Chicken Meatballs

with Lemon-Garlic Sauce and Mini Wedges

Carb Smart

Calorie Smart

30 Minutes



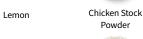
















Italian Breadcrumbs Zesty Garlic Blend













Roma Tomato







Mayonnaise



Sour Cream

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and

CUSTOM RECIPE

you're set. Happy cooking!



Start here

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

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk

Ingradients

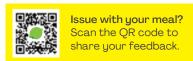
ingi edients		
	2 Person	4 Person
Ground Chicken •	250 g	500 g
Double Ground Chicken •	250 g	500 g
Lemon	1	2
Chicken Stock Powder	1 tbsp	2 tbsp
Italian Breadcrumbs	⅓ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
Red Potato	250 g	500 g
Baby Spinach	56 g	113 g
Roma Tomato	95 g	190 g
Mini Cucumber	66 g	132 g
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Dill	3 ½ g	7 g
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Roast potatoes

- Cut **potatoes** into ½-inch mini wedges.
- Add potatoes, 1 tsp (2 tsp) Zesty Garlic Blend and 1 tbsp (1 ½ tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until potatoes are tender and golden-brown, 20-22 min.



Prep

- Meanwhile, halve **cucumber** lengthwise, then cut into 1/4-inch half-moons.
- Zest, then juice lemon.
- Finely chop dill.
- Cut **tomato** into ½-inch pieces.



Roast meatballs

- Line another baking sheet with parchment paper.
- Add chicken, breadcrumbs, stock powder, half the lemon zest and ½ tbsp (1 tbsp) **Zesty Garlic Blend** to a medium bowl. Season with **pepper**, then combine.
- Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl), then arrange on the prepared baking sheet.
- Roast in the **top** of the oven, flipping halfway through, until cooked through, 12-14 min.**

If you've opted for **double chicken**, add an **extra** $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) salt to the chicken mixture. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to mixture!) Roll into 16 equal-sized meatballs (32 meatballs for 4 ppl).



Make lemon-garlic sauce and dilly dressing

- Meanwhile, add 1 tbsp (2 tbsp) sour cream, 2 tsp (4 tsp) oil, 1 tsp (2 tsp) lemon juice, 1 tbsp (1 ½ tbsp) dill, ½ tbsp (1 tbsp) mayo and 1/4 tsp (1/2 tsp) sugar to a large bowl. Season with salt and pepper, to taste, then whisk to combine.
- Add remaining mayo, remaining sour cream, remaining lemon zest, remaining Zesty Garlic Blend, ¼ tsp (1 tsp) lemon juice and a pinch of sugar to a small bowl. Season with salt and pepper, to taste, then stir to combine.



Finish salad

• When potatoes and meatballs are almost done, add spinach, cucumbers and tomatoes to the bowl with dilly dressing. Toss to combine.



Finish and serve

- Divide mini wedges, meatballs and salad between plates.
- Dollop lemon-garlic sauce over meatballs.
- Sprinkle any remaining dill over top.

Dinner Solved!