



Smart Zesty Chicken Meatballs

with Lemon-Garlic Sauce and Mini Wedges

Carb Smart

Calorie Smart

30 Minutes



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Ground Chicken



Double Ground Chicken



Lemon



Chicken Stock Powder



Italian Breadcrumbs



Zesty Garlic Blend



Red Potato



Baby Spinach



Roma Tomato



Mini Cucumber



Mayonnaise



Sour Cream



Dill

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 DILL

This delicate herb comes from the same family as parsley and celery!

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

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

Ingredients

	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	¼ 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*	¼ 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.



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Roast potatoes

- 1 • 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.



Make lemon-garlic sauce and dilly dressing

- 4 • 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 tsp** (1 tbsp) **mayo** and **¼ tsp** (½ 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.



Prep

- 2 • Meanwhile, halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Finely chop **dill**.
- Cut **tomato** into ½-inch pieces.



Finish salad

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



Roast meatballs

- 3 • Line another baking sheet with parchment paper.
- Add **chicken**, **breadcrumbs**, **stock powder**, **half the lemon zest** and **½ tsp** (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 ¼ tsp** (½ 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).



Finish and serve

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

Dinner Solved!