



# 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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1



### 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.

4



### 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 **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.

2



### Prep

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

5



### Finish salad

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

3



### 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 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).

6



### 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!