



Aegean Sea-Inspired Feta Meatballs

with Lemon-Pepper Potatoes and Feta Sauce

Family Friendly 35-45 Minutes





Ground Turkey 250 g | 500 g
 Beyond Meat® 2 | 4
 Ground Beef 500 g | 1000 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



-  Ground Beef
250 g | 500 g
-  Italian Breadcrumbs
4 tbsp | 8 tbsp
-  Chicken Broth Concentrate
1 | 2
-  Lemon-Pepper Seasoning
1 tbsp | 2 tbsp
-  Feta Cheese, crumbled
1/4 cup | 1/2 cup
-  Russet Potato
2 | 4
-  Italian Dressing
2 tbsp | 4 tbsp
-  Tomato
1 | 2
-  Spring Mix
56 g | 113 g
-  Yogurt Sauce
6 tbsp | 12 tbsp
-  Mini Cucumber
2 | 4

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.

Pantry items | Salt, oil, pepper

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, parchment paper, small bowl

1



Roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the Lemon-Pepper Seasoning** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.**

4



Roast meatballs

×2 Double | Ground Beef

- Roll **beef mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer to another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 12-14 min.**

2



Make feta sauce

- Meanwhile, add **yogurt sauce** and **1 tbsp** (2 tbsp) **feta** to a small bowl.
- Season with **pepper**, to taste, then stir to combine. Set aside.

3



Prep meatballs

Swap | Ground Turkey

Swap | Beyond Meat®

×2 Double | Ground Beef

- Add **ground beef**, **breadcrumbs**, **broth concentrate**, **remaining Lemon-Pepper Seasoning** and **¼ tsp** (½ tsp) **salt** to a large bowl, then combine.
- Add **remaining feta**, then gently mix.

5



Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Slice **cucumber** into ¼-inch rounds.
- When **meatballs** and **potatoes** are done, add **spring mix**, **cucumbers** and **tomatoes** to another large bowl. Drizzle **Italian dressing** over top, then toss to combine.

6



Finish and serve

- Divide **potatoes**, **meatballs** and **salad** between plates.
- Serve **feta sauce** alongside for dipping.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Prep turkey meatballs

Swap | Ground Turkey

If you've opted to get **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef****

3 | Prep Beyond Meat® meatballs

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prep, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef****

3 | Prep meatballs

×2 Double | Ground Beef

If you've opted for double **beef**, add an extra **1/4 tsp** (1/2 tsp) **salt** to the **beef mixture**.

4 | Roast meatballs

×2 Double | Ground Beef

Roll **beef mixture** into **16 equal-sized meatballs** (32 meatballs for 4 ppl). Follow the rest of recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.