



Cal Smart Greek-Style Turkey and Feta Meatballs with Roasted Veggie and Olive Couscous

Calorie Smart

30 Minutes



Ground Turkey



Feta Cheese,
crumbled



Couscous



Italian Breadcrumbs



Chicken Broth
Concentrate



Sweet Bell Pepper



Parsley



Red Onion



Tzatziki



Zucchini



Mixed Olives



Dill-Garlic Spice
Blend

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Feta Cheese, crumbled	½ cup	1 cup
Couscous	½ cup	1 cup
Italian Breadcrumbs	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Red Onion	56 g	113 g
Tzatziki	56 ml	113 ml
Zucchini	200 g	400 g
Mixed Olives	30 g	60 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
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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Make meatballs

- Line a baking sheet with parchment paper.
- Add **turkey, feta, breadcrumbs, half the Dill-Garlic Spice Blend** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 14-16 min.**



Make couscous

- Add **broth concentrate, ⅔ cup water, 1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) 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.



Prep veggies

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **onion** into 1-inch pieces.



Finish prep

- Meanwhile, roughly chop **parsley**.
- Drain, then roughly chop **olives**.
- Whisk together **tzatziki, remaining Dill-Garlic Spice Blend** and **1 tbsp water** (dbl for 4 ppl) in a medium bowl.



Roast veggies

- Add **onions, peppers, zucchini** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, flipping halfway through, until tender-crisp, 12-14 min.



Finish and serve

- Stir **parsley, olives** and **roasted veggies** into **couscous**.
- Divide **couscous** between plates. Top with **meatballs**.
- Drizzle **tzatziki** over top.

Dinner Solved!