



# Easy Lamb Meatballs

with Lemony Bulgur Salad

35 Minutes



Ground Lamb



Turkish Spice Blend



Bulgur Wheat



Garlic, cloves



Parsley



Mini Cucumber



Lemon



Sweet Bell Pepper



Tzatziki



Roma Tomato

HELLO BULGUR

*A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, large bowl, measuring spoons, zester, aluminum foil, medium pot, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Turkish Spice Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Garlic, cloves	2	4
Parsley	7 g	14 g
Mini Cucumber	66 g	132 g
Lemon	1	2
Sweet Bell Pepper	160 g	320 g
Tzatziki	56 ml	113 ml
Roma Tomato	80 g	160 g
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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## Cook bulgur

- Add **¾ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



## Cook peppers

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.



## Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Cut **cucumber** in half lengthwise, then into ¼-inch half-moons.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



## Assemble bulgur salad

- When **bulgur** is done, fluff with a fork.
- Add **cucumbers, tomatoes, lemon zest, remaining parsley, 1 tbsp lemon juice** and **2 tbsp oil** (dbl both for 4 ppl).
- Season with **salt** and **pepper**, then stir to combine.



## Form and bake meatballs

- Add **lamb, garlic, Turkish Spice Blend**, and **half the parsley** to a large bowl. Season with **salt** and **pepper**, then combine.
- Roll **mixture** into **6 equal-sized meatballs** (12 for 4 ppl).
- Arrange **meatballs** on a foil-lined baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 12-16 min.\*\*



## Finish and serve

- Divide **bulgur salad** between plates. Top with **peppers** and **meatballs**.
- Dollop with **tzatziki**.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!