



Easy Mediterranean Pork Meatballs

with Lemony Bulgur Salad

35 Minutes



Ground Pork



Turkish Spice Blend



Bulgur Wheat



Garlic, cloves



Parsley



Baby Spinach



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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Turkish Spice Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Garlic, cloves	2	4
Parsley	7 g	7 g
Baby Spinach	28 g	56 g
Lemon	1	2
Sweet Bell Pepper	160 g	320 g
Tzatziki	56 ml	113 ml
Roma Tomato	80 g	160 g
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.

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Cook bulgur

- Add **¾ cup** (1 ½ cups) **water** and **½ tsp** (1 tsp) **salt** 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** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Roughly chop **spinach**.
- 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 **spinach**, **tomatoes**, **¼ tsp lemon zest**, **remaining parsley**, **1 tbsp lemon juice**, **1 tbsp** (2 tbsp) **butter** and **2 tbsp** (4 tbsp) **oil**.
- Season with **salt** and **pepper**, then stir to combine.



Form and bake meatballs

- Add **pork**, **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!