



# Greek-Style Turkey Meatballs

with Tzatziki and Salad

Quick

25 Minutes



Ground Turkey



Parboiled Rice



Italian Breadcrumbs



Lemon



Baby Tomatoes



Tzatziki



Spring Mix



Garlic Salt



Chicken Broth Concentrate

HELLO LEMON ZEST

*Punch up the flavour of rice with a sprinkle of lemon zest!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, zester, medium pot, 2 large bowls, measuring cups, whisk, large non-stick pan

### Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cups
Italian Breadcrumbs	¼ cup	½ cup
Lemon	1	1
Baby Tomatoes	113 g	227 g
Tzatziki	56 ml	113 ml
Spring Mix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

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### 1 Prep

Add **1 ¼ cups water**, **¼ tsp garlic salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While **broth** comes to a boil, halve **tomatoes**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



### 2 Cook rice

Add **rice** to the **boiling broth**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



### 3 Form and cook meatballs

Meanwhile, combine **turkey**, **breadcrumbs** and **½ tsp garlic salt** (dbl for 4 ppl), in a large bowl. Roll **mixture** into **12 equal-sized meatballs** (24 for 4 ppl). Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **meatballs**. Cook, turning **meatballs** often, until browned all over and cooked through, 9-12 min.\*\* (**NOTE:** Don't overcrowd the pan; cook meatballs in 2 batches if needed, using 1 tbsp oil per batch!)



### 4 Make salad

Whisk together **remaining garlic salt**, **½ tbsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in another large bowl. Add **tomatoes** and **spring mix**. Season with **salt** and **pepper**, then toss to combine.



### 5 Finish and serve

Fluff **rice** with a fork, then stir in **lemon zest** and **1 tbsp butter** (dbl for 4 ppl). Divide **rice**, **meatballs** and **salad** between plates. Serve **tzatziki** alongside. Squeeze **lemon wedge** over top, if desired.

## Dinner Solved!