



Greek-Style Turkey Meatballs

with Tzatziki and Salad

30 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

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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.
- Meanwhile, halve **tomatoes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



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.



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.



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 a **lemon wedge** over top, if desired.



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.)

Dinner Solved!