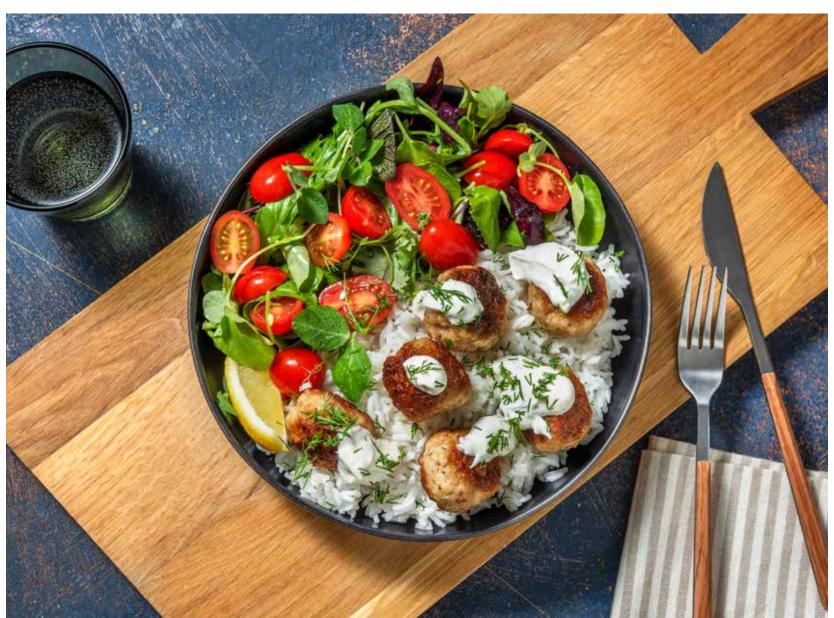


Greek Turkey Meatballs with Dilly Yogurt and Salad

30 Minutes









Panko Breadcrumbs



Lemon







Spring Mix



Greek Yogurt



Garlic Salt



Chicken Broth Concentrate

Start here

Before starting, wash and dry all produce.

Dill Guide for Step 4 (dbl for 4ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

Bust out

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

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cup
Panko Breadcrumbs	1/4 cup	½ cup
Lemon	1	2
Baby Tomatoes	113 g	227 g
Dill	7 g	7 g
Spring Mix	113 g	227 g
Greek Yogurt	100 ml	200 ml
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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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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. Finely chop dill.



Cook rice

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



Form and cook meatballs

While **rice** cooks, combine **turkey**, **panko** 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, 8-10 min.** (TIP: Don't overcrowd the pan; cook the meatballs in 2 batches if needed, using 1 tbsp oil per batch!)



Make dilly yogurt

While meatballs cook, add yogurt, lemon zest, remaining garlic salt, 1 tsp lemon juice (dbl for 4 ppl) and 1 tsp dill to a small bowl. (NOTE: Reference dill guide.) Season with pepper, then stir to combine.



Make salad

Whisk together 2 tsp lemon juice,
1/2 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.



Finish and serve

Fluff rice with a fork, then stir in

1 tbsp butter (dbl for 4 ppl). Divide rice
and salad between plates. Top rice with
meatballs, then spoon dilly yogurt over
meatballs. Squeeze over a lemon wedge and
sprinkle remaining dill over top, if desired.

Dinner Solved!

^{**} Cook to a minimum internal temperature of 74°C/165°F.