



Greek Turkey Meatballs

with Dilly Yogurt and Salad

30 Minutes



Minced Turkey



Parboiled Rice



Panko Breadcrumbs



Lemon



Baby Tomatoes



Dill



Spring Mix



Greek Yogurt



Garlic Salt



Chicken Broth Concentrate

HELLO LEMON ZEST

Punch up the flavour of dilly yogurt with a sprinkle of lemon zest!

Start here

Before starting, wash and dry all produce.

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

- 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 | ¼ 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

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

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



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**.



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.



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.



Make salad

Whisk together **2 tsp 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.



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!)



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!