



Smart Rustic Turkey Meatball Soup

with Parmesan Toast Soldiers

Carb Smart

Calorie Smart

30 Minutes



Ground Turkey



Italian Breadcrumbs



Mirepoix



Parmesan Cheese,
shredded



Thyme



Mushrooms



Zucchini



Chicken Broth
Concentrate



Ciabatta Roll



Garlic Salt

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Mirepoix	227 g	454 g
Parmesan Cheese, shredded	¼ cup	½ cup
Thyme	7 g	7 g
Mushrooms	113 g	227 g
Zucchini	200 g	400 g
Chicken Broth Concentrate	2	4
Ciabatta Roll	1	2
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	½ tbsp	1 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.

Contact

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Prep

Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop. Thinly slice **mushrooms**. Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons. Add **turkey, breadcrumbs, half the garlic salt, 1 tbsp Parmesan** (dbl for 4 ppl) and **half the chopped thyme** to a medium bowl. Season with **pepper**, then combine.



Toast ciabatta

While **soup** cooks, halve **ciabatta**. Arrange on a parchment-lined baking sheet, cut-side up. Drizzle with **½ tbsp oil** (dbl for 4 ppl), then sprinkle **remaining Parmesan** (dbl for 4 ppl) over top. Season with **salt** and **pepper**. Broil in the **top** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on them so they don't burn!)



Sauté veggies

Heat a large pot over medium heat. When hot, add **½ tbsp butter** (dbl for 4 ppl), then swirl the pot until melted. Add **mirepoix** and **3-4 thyme sprigs**. Season with **pepper** and **remaining garlic salt**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **mushrooms, 2 ½ cups water** (dbl for 4 ppl) and **broth concentrates**. Bring to a simmer over medium-high.



Finish toast soldiers

Cut **ciabatta** into 1-inch-thick strips.



Cook meatballs

Once **soup** is simmering, using 2 spoons, gently drop **turkey mixture** into **soup, 1 tbsp** at a time. (**NOTE:** You should have 10 meatballs for 2 ppl, 20 for 4 ppl). Bring back to a simmer. Once simmering, add **zucchini**. Season with **salt** and **pepper**. Reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender and **meatballs** are cooked through, 8-10 min.**



Finish and serve

Season **soup** with **salt** and **pepper**, to taste. Carefully remove **thyme sprigs**. Divide **soup** between bowls. Sprinkle with **remaining chopped thyme**. Serve **Parmesan toast soldiers** alongside for dipping.

Dinner Solved!