



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, 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 half-moons.
- Add **turkey, breadcrumbs, half the chopped thyme, half the garlic salt and half the Parmesan** to a medium bowl. Season with **pepper**, then combine.



Toast ciabatta

- When **soup** is almost done, halve **ciabatta**.
- Arrange on an unlined baking sheet, cut-side up.
- Drizzle with **½ tbsp oil** (dbl for 4 ppl), then sprinkle **remaining Parmesan** over top. Season with **salt and pepper**.
- Broil in the **top** of the oven until golden-brown, 1-2 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** (dbl for 4 ppl). 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 two spoons, gently drop **1 tbsp turkey mixture** at a time into **soup**. (**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!