

Smart Rustic Turkey Meatball Soup

with Parmesan Toast Soldiers

Carb Smart

Calorie Smart

30 Minutes







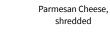


Italian Breadcrumbs



Mirepoix













Mushrooms

Zucchini





Ciabatta Roll



Garlic Salt

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

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	2 Person	4 Person
Ground Turkey	250 g	500 g
Italian Breadcrumbs	⅓ cup	½ cup
Mirepoix	227 g	454 g
Parmesan Cheese, shredded	⅓ 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*		
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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.



Prep

- Strip ½ tbsp thyme leaves (dbl for 4 ppl) from stems, then finely chop.
- Thinly slice mushrooms.
- Halve zucchini lengthwise, then cut into 1/4-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.



Sauté veggies

- Heat a large pot over medium heat.
- When hot, add 1/2 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.



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.**



Toast ciabatta

- When soup is almost done, halve ciabatta.
- · Arrange on an unlined baking sheet, cutside 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 goldenbrown, 1-2 min. (TIP: Keep an eye on them so they don't burn!)



Finish toast soldiers

• Cut ciabatta into 1-inch-thick strips.



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!



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