



# 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!