

Smart Sweet and Smoky Glazed Turkey Meatballs

with Apple, Radish and Tomato Salad

Smart Meal 30 Minutes





If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, **visit hellofresh.ca**

Ground Pork **250g | 500g**

250g | 500g

Plant-Based

Ground Protein



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.

Ingredient quantities 56 g | 113 g

Vinegar 1 tbsp | 2 tbsp

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, strainer, box grater, large bowl, parchment paper, whisk, large non-stick pan



Prep

- Before starting, preheat the oven to 450 °F
- Wash and dry all produce.
- Core apple. Coarsely grate half the apple. Cut remaining apple into 1/4-inch pieces.
- Transfer grated apple to a strainer. Using your hands, squeeze out any liquid. Set aside.
- Halve **radishes** lengthwise, then cut into thin half-moons.
- Cut **tomato** into ¹/₄-inch pieces.

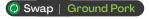


Make dressing

- Add vinegar, 1 tsp (2 tsp) cranberry spread, 1/4 tsp (1/2 tsp) sugar and 1 1/2 tbsp (3 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add **remaining apples** to the bowl with dressing.



Form meatballs





- Line a baking sheet with parchment paper.
- Add turkey, panko, BBQ Seasoning, grated apple and 1/4 tsp (1/2 tsp) salt to a medium bowl. Season with pepper, then combine.
- Using damp hands, roll **mixture** into 8 equal-sized meatballs (16 meatballs for 4 ppl).



Make sauce

- When meatballs are almost done, heat a large non-stick pan over medium heat.
- When the pan is hot, add chipotle sauce, remaining cranberry spread and 2 tbsp (4 tbsp) water.
- Bring to a simmer. Cook, stirring occasionally, until sauce thickens slightly, 1-2 min.
- Add meatballs. Cook, stirring occasionally, until coated, 30 sec.



Roast meatballs

- Arrange **meatballs** on the prepared baking sheet.
- Roast in the middle of the oven, until goldenbrown and cooked through, 12-14 min.**



2 Form meatballs

O Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the turkey.**

2 Form meatballs

🔿 Swap | Ground Protein

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook, and plate the turkey.**



Finish and serve

- Add spinach, tomatoes and radishes to the bowl with apples and dressing. Toss to coat.
- Divide meatballs and salad between plates.
- Spoon any remaining sauce from the pan over meatballs.
- Sprinkle salad topping mix over salad.

