



Smart Sweet and Smoky Glazed Turkey Meatballs

with Apple, Radish and Tomato Salad

Smart Meal

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

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](https://www.hellofresh.ca)

Swap



Ground Pork
250g | 500g

Swap



Plant-Based Ground Protein
250g | 500g



Ground Turkey
250 g | 500 g



Gala Apple
1 | 2



Baby Spinach
113 g | 227 g



Tomato
1 | 2



Radish
3 | 6



Panko Breadcrumbs
1/4 cup | 1/2 cup



Salad Topping Mix
28 g | 56 g



Chipotle Sauce
2 tbsp | 4 tbsp



Cranberry Spread
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp

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.

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

1



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 ¼-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 ¼-inch pieces.

4



Make dressing

- Add **vinegar**, **1 tsp** (2 tsp) **cranberry spread**, **¼ tsp** (½ tsp) **sugar** and **1 ½ 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**.

2



Form meatballs

🔄 Swap | **Ground Pork**

🔄 Swap | **Ground Protein**

- Line a baking sheet with parchment paper.
- Add **turkey**, **panko**, **BBQ Seasoning**, **grated apple** and **¼ tsp** (½ 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) .

5



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.

3



Roast meatballs

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

6



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**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Form meatballs

🔄 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**.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.