



# Smart Sweet and Smoky Glazed Turkey Meatballs

## with Apple, Radish and Tomato Salad

Smart Meal



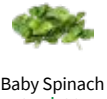

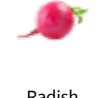

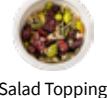




30 Minutes

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)

<span>↻</span> Swap 	<span>↻</span> Swap 
Ground Pork 250g   500g	Plant-Based 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 ¼ cup   ½ 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 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.



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

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