



TURKEY MEATBALL PROVENCAL

with Spaghetti and Parmesan

PRONTO



HELLO

HERBES DE PROVENCE

A mixture of dried herbs typical of the Provence region of southeast France

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 757



Minced Turkey



Spaghetti



Parsley



Crushed Tomatoes



Balsamic Vinegar



Green Olives



Herbes de Provence



Garlic



Parmesan Cheese



Shallot



Italian Breadcrumbs

BUST OUT

- Aluminum Foil
- Large Bowl
- Large Non-Stick Pan
- Large Pot
- Measuring Spoons,
- Measuring Cups
- Garlic Press
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Minced Turkey 250 g | 500 g
- Spaghetti 1 170 g | 340 g
- Parsley 7 g | 14 g
- Crushed Tomatoes 1 box | 2 box
- Balsamic Vinegar 9 2 tbsp | 4 tbsp
- Green Olives 30 g | 60 g
- Herbes de Provence 1 tsp | 2 tsp
- Garlic 6 g | 12 g
- Parmesan Cheese 2 ¼ cup | ½ cup
- Shallot 50 g | 100 g
- Italian Breadcrumbs 1,2,4,8,9 2 tbsp | 4 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

When cooking the pasta, starch is released into the water and that starchy pasta water helps to thicken this sauce, without adding extra ingredients.



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil. Meanwhile, peel then mince or grate the **garlic**. Finely chop the **parsley**. Slice the **olives** into rounds. Peel, then finely chop **shallot** into ¼-inch pieces.



4 START SAUCE Using the same pan, reduce the heat to medium and add another **1 tbsp oil** (dbl for 4 ppl) then add the **shallots, remaining herbes de Provence** and **remaining garlic**. Cook, stirring often, until **shallot** softens, 1-2 min. Meanwhile, when the **pasta** is tender, reserve **¾ cup pasta water** (dbl for 4 ppl), then drain.



2 MAKE MEATBALLS In a large bowl, combine **turkey, breadcrumbs, half the herbes de Provence, half the parsley, half the Parmesan, half the garlic** and **½ tsp salt** (dbl for 4 ppl). Season with **pepper**. Roll the **turkey mixture** into 1-inch **meatballs**. Set aside. Add the **spaghetti** to the **boiling water**. Cook, stirring occasionally, until tender, 9-10 min.



5 FINISH SAUCE Add **tomatoes, vinegar** and **olives** to the same pan. Reduce the heat to medium-low. Season with **salt** and **pepper**. Cook, stirring occasionally, until **sauce** slightly thickens, 2-3 min. Add the **meatballs, pasta, reserved pasta water** and **remaining parsley** to the pan. Toss to coat.



3 COOK MEATBALLS Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **meatballs**. Cook, turning **meatballs** often, until golden on all sides and cooked through, 6-8 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F.***) (**TIP:** Cut a meatball open to make sure it's not pink inside!) Transfer **meatballs** to a plate and cover with foil to keep warm.



6 FINISH AND SERVE Divide the **turkey meatball Provençal** between bowls. Sprinkle over the **remaining Parmesan**.

ON THE BALL!

This turkey meatball mixture can also be made into burger patties.

