



MEATBALLS ON TOP OF CAVATAPPI

with Broccoli and Pesto Cream Sauce



HELLO

PESTO MEATBALLS

Ground turkey gets a hint of aromatic basil

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 880



Lemon



Pesto
(Contains: Milk)



Cavatappi Pasta
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Ground Turkey



Panko Breadcrumbs
(Contains: Wheat)



Broccoli Florets



Parmesan Cheese
(Contains: Milk)

START STRONG

When zesting lemons, don't get too zealous. You only want to remove the yellow outer layer. Leave the bitter white pith behind.

BUST OUT

- Large pot
- Strainer
- Zester
- Large bowl
- Baking sheet
- Olive oil (1 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|---------------------|--------|
| • Lemon | 1 |
| • Ground Turkey | 16 oz |
| • Pesto | 6 oz |
| • Panko Breadcrumbs | ½ Cup |
| • Cavatappi Pasta | 12 oz |
| • Broccoli Florets | 8 oz |
| • Sour Cream | 8 TBSP |
| • Parmesan Cheese | ½ Cup |

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Zest **lemon** until you have 1 tsp zest, then cut lemon into wedges.



4 BOIL PASTA AND BROCCOLI

Meanwhile, add **cavatappi** to pot of boiling water. Cook 6 minutes, stirring occasionally, then add **broccoli** to pot. Continue cooking until cavatappi is al dente and broccoli is tender, about 3 minutes more. Carefully ladle out and reserve **1 cup pasta cooking water**, then drain. Return cavatappi and broccoli to pot.



2 SHAPE MEATBALLS

In a large bowl, mix together **turkey**, **2 TBSP pesto**, **panko**, and a pinch of **salt** and **pepper** until just combined. Gently shape mixture into golf-ball-sized meatballs with hands—you should have about 12. **TIP:** Splash a little water on your hands to keep meat from sticking.



5 DRAIN AND COMBINE

Add **sour cream**, remaining **pesto**, and **meatballs** to pot. Stir to combine, adding enough **pasta cooking water** to create a thick sauce that coats everything.



3 BAKE MEATBALLS

Place **meatballs** on a lightly oiled baking sheet. Bake in oven until fully cooked through and no longer pink in center, 12-15 minutes, flipping halfway through.



6 PLATE

Divide **pasta mixture** between plates. Sprinkle with **Parmesan** and **lemon zest** (to taste). Serve with **lemon wedges** on the side for squeezing over.

ON THE BALL!

No sneezing allowed at the table—these meatballs are too good to lose!