



Dilly Turkey Meatballs

with Tzatziki and Salad

30 Minutes



Ground Turkey



Parboiled Rice



Italian Breadcrumbs



Lemon



Baby Tomatoes



Tzatziki



Spring Mix



Garlic Salt



Chicken Broth Concentrate



Dill-Garlic Spice Blend

HELLO LEMON ZEST

Punch up the flavour of rice with a sprinkle of lemon zest!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Zest Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Zesty: 1 tsp

Bust out

Baking sheet, measuring spoons, zester, medium pot, 2 large bowls, parchment paper, small bowl, measuring cups, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cups
Italian Breadcrumbs	¼ cup	½ cup
Lemon	1	1
Baby Tomatoes	113 g	227 g
Tzatziki	56 ml	113 ml
Spring Mix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Dill-Garlic Spice Blend	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- Add **1 ¼ cups water** (dbl for 4 ppl), **broth concentrate** and **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, halve **tomatoes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Season tzatziki

- Meanwhile, add **tzatziki**, **1 tbsp water** (dbl for 4 ppl) and **½ tsp lemon zest** to a small bowl. (**NOTE:** Reference zest guide.)
- Season with **salt** and **pepper**, then stir to combine.



Cook rice

- Add **rice** to the **boiling broth**. Reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.



Make salad

- Add **½ tbsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) to another large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** and **spring mix**, then toss to combine.



Form and cook meatballs

- Meanwhile, line a baking sheet with parchment paper.
- Add **turkey**, **breadcrumbs**, **Dill-Garlic Spice Blend** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- With wet hands, roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min. **



Finish and serve

- Fluff **rice** with a fork, then add **1 tbsp butter** (dbl for 4 ppl). Stir in **any remaining lemon zest**, if desired.
- Divide **rice**, **meatballs** and **salad** between plates.
- Serve **tzatziki** alongside.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!