



# MEGA TURKEY MEATBALLS

## over Penne with Broccoli



HELLO

### MEGA MEATBALLS

Jumbo-sized meatballs with a melty mozzarella topping are a guaranteed crowd-pleaser.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 860



Yellow Onion



Parsley



Ground Turkey



Parmesan Cheese  
(Contains: Milk)



Crushed Tomatoes



Broccoli Florets



Garlic



Panko Breadcrumbs  
(Contains: Wheat)



Milk  
(Contains: Milk)



Tuscan Heat Spice



Penne Pasta  
(Contains: Wheat)



Mozzarella Cheese  
(Contains: Milk)

## START STRONG

Get kids involved by having them mix and shape the meatballs. Help them divide and portion out the turkey mixture into four large pieces.

## BUST OUT

- Large pot
- Grater
- Small bowl
- Large bowl
- Olive oil (2 tsp)
- Butter (1 TBSP)  
(Contains: Milk)
- Large pan
- Slotted spoon
- Medium bowl
- Strainer

## INGREDIENTS

Ingredient 4-person

- Yellow Onion 1
- Garlic 4 Cloves
- Parsley ¼ oz
- Panko Breadcrumbs 1 Cup
- Milk ¾ Cup
- Ground Turkey 20 oz
- Parmesan Cheese ½ Cup
- Tuscan Heat Spice 1 TBSP
- Crushed Tomatoes 13.76 oz
- Penne Pasta 12 oz
- Broccoli Florets 8 oz
- Mozzarella Cheese 1 Cup

## HELLO WINE



### PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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## 1 PREP

**Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Halve and peel **onion**. Grate one half on large holes of a grater. Chop other half. Mince or grate **garlic**. Pick and roughly chop enough **parsley** leaves to give you 2 TBSP. Place **panko** and ¾ **cup milk** (we sent more) in a small bowl and let soak.



## 4 SIMMER SAUCE

Add **chopped onion** to empty side of pan. Cook, tossing occasionally, until slightly softened, about 2 minutes. Stir in **tomatoes** and remaining **garlic** and **Tuscan heat spice**. Continue stirring until boiling, about 3 minutes. Push **meatballs** back toward center. Lower heat to medium and cover pan. Let simmer until meatballs are cooked through, 7-8 minutes. **TIP:** If your pan doesn't have a lid, use foil to cover it.



## 2 SHAPE MEATBALLS

Mix together **turkey**, **grated onion**, half the **garlic**, half the **Parmesan**, half the **parsley**, and half the **Tuscan heat spice** in a large bowl. Season with **salt** and **pepper**. Once **panko** is soaked through, blend into turkey mixture using your hands. Shape mixture into four large meatballs.



## 5 COOK PASTA AND BROCCOLI

Once water is boiling, add **penne** to pot. Cook, stirring occasionally, for 5 minutes, then add **broccoli**. Continue cooking until broccoli is tender and penne is nearly al dente, about 4 minutes more. Remove broccoli from pot with a slotted spoon and transfer to a medium bowl. Add **1 TBSP butter** to bowl and toss to melt. Season with **salt** and **pepper**. Drain penne.



## 3 BROWN MEATBALLS

Heat a large drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **meatballs** and cook until bottoms are browned, 2-3 minutes. Flip and cook on opposite side until browned, about 2 minutes. Push meatballs toward one side of pan.



## 6 FINISH AND SERVE

Sprinkle **mozzarella** over **meatballs** once cooked through. Cover pan and let mozzarella melt, about 1 minute. Push meatballs toward one side, then stir **penne** into **sauce** in pan. Season with **salt** and **pepper**. Divide penne and sauce between plates and top with meatballs. Sprinkle with remaining **Parmesan** and **parsley**. Serve with **broccoli** on the side.

## FRESH TALK

Name three things that everyone at the table shares in common.

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