



More than Food

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Spiced Turkey Meatballs with Parsnip Mash and Roasted Carrots

For this comfort food makeover, we're using lean turkey and parsnips in place of classic beef and potatoes. A hint of nutmeg in the meatballs—a trick we've borrowed from the Swedes—adds a subtle warmth to the flavor profile.



40 min



level 1



nut free



gluten free



dairy free



Ground Turkey



Parsnips



Carrots



Red Bell Pepper



Onion



Garlic



Chicken Stock Concentrate



Nutmeg



Cayenne Pepper

Ingredients

	2 People	4 People
Ground Turkey	12 oz	24 oz
Parsnips	12 oz	24 oz
Carrots	12 oz	24 oz
Red Bell Pepper	1	2
Onion	1	2
Garlic	2 cloves	4 cloves
Chicken Stock Concentrate	1	2
Nutmeg	1 t	2 t
Cayenne Pepper 	1 t	2 t
Olive Oil*	2 T	4T

*Not Included

Allergens

None

Tools

Medium Pot, Strainer, Large Pan, Baking Sheet, Masher, Peeler, Large Bowl

Nutrition per person Calories: 635 cal | Carbs: 59 g | Fat: 29 g | Protein: 39 g | Fiber: 16 g | Sodium: 419 mg

Make sure to wash and dry produce before prepping or cooking!



1 Preheat the oven to 400 degrees. Peel and dice the **parsnips** into ½-inch cubes. Place the **parsnips** in a medium pot with a large pinch of **salt** and enough water to cover. Bring to a boil, then reduce to a simmer for 15-20 minutes, until fork-tender. Drain, reserving **2 cups of the liquid**.



2 **Prep the vegetables:** Peel the **carrots**, then slice into 3-inch sticks (like French fries). Halve, peel and finely dice the **onion**. Core, seed, and remove the white ribs from the **red bell pepper**, then finely dice. Mince or grate the **garlic**.

3 **Roast the carrots:** Toss the **carrots** on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 20 minutes, until soft and caramelized.

4 Meanwhile, heat ½ **Tablespoon olive oil** in a large pan over medium-high heat. Add the **garlic**, **¾ of the onion**, **¾ of the red bell pepper**, and season with **salt** and **pepper**. Cook, tossing, for 3-4 minutes, until softened.



5 **Form the meatballs:** In a large bowl, combine the cooked **red bell pepper**, **garlic**, and **onion mixture** with the **ground turkey**, and a **pinch of nutmeg**. Season generously with **salt** and **pepper**. Form the mixture into golf ball-sized **meatballs**.

6 **Cook the meatballs:** Heat ½ **Tablespoon oil** in the same large pan over medium-high heat. Add the **meatballs** to the pan and rotate, to cook on all sides, until browned but not yet cooked through. Add **1 cup reserved cooking liquid**, the **stock concentrate**, and the **remaining onions** and **peppers** to the pan. Bring to a simmer and cook for 5-6 minutes, until the **pan sauce** has thickened, the **vegetables** are tender, and the **meatballs** are cooked through. Season with **salt** and **pepper**.



7 **Make the parsnip mash:** Mash the drained **parsnips** with a potato masher or fork. Add a pinch of **cayenne** (to taste, we used ¼ teaspoon) and season with **salt** and **pepper**. If the parsnip mash is too thick, add some of the **reserved cooking liquid**.

Tip: For a richer flavor, add a pat of butter.

8 Serve the **meatballs** on a bed of **parsnip mash**, with the **carrots** to the side. Drizzle the **pan sauce** on top and enjoy!

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