



More than Food

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Turkish Meatballs

with Parsnip and Creamy Polenta

Our Turkish spice blend is full of warm flavors like allspice and cumin for a Middle Eastern twist on traditional meatballs. Earthy, sweet parsnips give this sauce another unique spin. Served on a bed of buttery polenta, this is a hearty, satisfying dish you'll love to curl up with.



45 min



level 1



nut free



Ground Beef



Parsnips



Carrots



Red Onion



Turkish Spice Blend



Cilantro



Crushed Tomatoes



Sour Cream



Chicken Stock Concentrates



Polenta



Panko

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Parsnips	6 oz	12 oz
Carrots	6 oz	12 oz
Red Onion	1	2
Turkish Spice Blend	1 T	2 T
Cilantro	¼ oz	½ oz
Crushed Tomatoes	1 box	2 boxes
Sour Cream	1) 2 oz	4 oz
Chicken Stock Concentrates	2	4
Polenta	½ C	1 C
Panko	2) 3) ¼ C	½ C
Olive Oil*	2 t	4 t
Butter*	1) 1 T	2 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Soy

Tools

Large Pan, Small Pot, Medium Bowl, Peeler, Whisk

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 769 cal | Carbs: 85 g | Fat: 32 g | Protein: 39 g | Fiber: 12 g | Sodium: 974 mg

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



1 Prep the ingredients: Peel and finely dice the **carrot** and **parsnip**. Halve, peel, and finely chop the **onion**. Finely chop the **cilantro** leaves and stems, reserving a few leaves for garnish.



2 Cook the vegetables: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **parsnip**, **carrot**, and **onion** to the pan and cook, tossing, for 10-12 minutes, until very soft. Season with **salt** and **pepper**.



3 Form the meatballs: Meanwhile, in a medium bowl, combine the **ground beef**, **panko**, a drizzle of **olive oil**, **1 teaspoon Turkish spice blend** (we are sending more), **half the cilantro**, and a large pinch of **salt** and **pepper**. Form the mixture into golf ball-sized **meatballs** and set aside.



4 Make the sauce: Once the **vegetables** are soft, add the **remaining Turkish spice blend** to the pan and cook 30 seconds, until fragrant. Add the **crushed tomatoes**, **1 stock concentrate**, and **1 cup water** to the pan and stir to combine. Bring to a boil, then reduce to a simmer.

5 Cook the meatballs: Nestle the **meatballs** into the simmering **sauce** and cook, rotating halfway through cooking, for about 10 minutes, or until meatballs are cooked through.

6 Make the polenta: While the meatballs cook, in a small pot, bring **2 cups water** and the remaining **chicken stock concentrate** to a boil. Once boiling, add the **polenta** and whisk constantly, until thickened, for 2-3 minutes. Stir **1 Tablespoon butter** into the pot and season with **salt** and **pepper**.

7 Remove the cooked **meatballs** from the **sauce** and stir in **half the sour cream** and the **remaining cilantro**. Taste and season with **salt** and **pepper**.

8 Plate the **polenta**, then top with the **sauce** and **meatballs**. Finish with a dollop of **sour cream** and a few leaves of **cilantro**. Enjoy!