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Turkey Meatballs

with Chive-Mashed Potatoes and Creamed Spinach

Meatballs and mashed potatoes are comfort food at its finest. Subbing sour cream for heavy cream makes this lightened up creamed spinach just as satisfying as the original!



45 min



level 1



Ground Turkey



Garlic



Shallots



Italian Seasoning



White Pepper



Spinach



Panko



Vegetable Stock Concentrates



Potatoes



Chives



Sour Cream

Ingredients

Ground Turkey		16 oz
Garlic		4 cloves
Shallots		2
Italian Seasoning		2 t
White Pepper		1 t
Spinach		10 oz
Panko	1)	½ C
Vegetable Stock Concentrates		2
Potatoes		24 oz
Chives		½ oz
Sour Cream	2)	2 oz
Butter *	2)	2 T
Oil*		2 T

4 People

*Not Included

Allergens

1) Wheat

2) Milk

Tools

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

Ruler

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Nutrition per person Calories: 517 cal | Fat: 26 g | Sat. Fat: 9 g | Protein: 27 g | Carbs: 48 g | Sugar: 5 g | Sodium: 404 mg | Fiber: 7 g



1 Cook the potatoes: Wash and dry all produce. Preheat the oven to 375 degrees. Peel and dice the **potatoes** into ½-inch cubes. Place them in a medium pot with enough water to cover and large pinch of **salt**. Bring to a boil and cook for 12-15 minutes, until fork-tender. Drain, reserving ¼ cup of the potato water.

2 Prep the ingredients: Halve, peel, and mince the **shallots**. Mince or grate the **garlic**. Finely chop the **chives**.

3 Form the meatballs: In a medium bowl, combine the **turkey, panko, Italian seasoning**, half the **shallot** and half the **garlic**. Season with **salt** (we used 1 teaspoon kosher salt) and **pepper**. Form the mixture into golf ball-sized meatballs.



4 Cook the meatballs: Heat a large drizzle of **oil** in a large pan over medium-high heat. Working in batches, if necessary, add the **meatballs** to the pan and cook for 1-2 minutes per side, rotating to brown on all sides. Transfer the meatballs to a baking sheet and place them in the oven for 5-6 minutes, or until cooked through.

5 Mash the potatoes: Heat 2 **Tablespoons butter** in the same pot you used for the **potatoes** over medium heat. Add the **potatoes** and **chives** and mash with a fork or potato masher until smooth. Season with **salt** and **pepper** and cover to keep warm.

TIP: If the potatoes are too thick, add a splash of reserved potato water or milk.



6 Make the creamed spinach: Heat a drizzle of **oil** in the same pan you used for the **meatballs** over medium heat. Add the remaining **garlic** and **shallots** to the pan and cook for 1-2 minutes, until softened. Scrape up any browned bits from the bottom of the pan. Add the **spinach** to the pan and toss for 2-3 minutes, until wilted. Season with **salt** and **white pepper**, to taste. Remove the pan from the heat and stir in half the **sour cream**. Remove the spinach from the pan and cover to keep warm.

TIP: You may need to add the spinach a little bit at a time so it will all fit in the pan.



7 Reduce the sauce: Add the **stock concentrates**, ½ **cup water**, and the remaining **sour cream** to the pan over medium heat. Bring to a boil, then reduce to a simmer for 2-3 minutes, until the sauce thickens.

8 Finish and plate: Plate the **meatballs** on a bed of **chive-mashed potatoes** and **creamed spinach**. Spoon the **sauce** over top, and enjoy!