



# Cal Smart Rosemary Turkey Meatballs

with Roasted Squash and Peppers

Calorie Smart 30 Minutes



-  Minced Turkey
-  Rosemary
-  Garlic, cloves
-  Butternut Squash, cubes
-  Italian Breadcrumbs
-  Vegetable Broth Concentrate
-  Sweet Potato
-  Dijon Mustard
-  All-Purpose Flour
-  Sweet Bell Pepper
-  Red Onion
-  Mushrooms
-  Dried Cranberries

### HELLO ROSEMARY

*This woody herb packs a fragrant and savoury punch!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan, vegetable peeler

## Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Rosemary	1	1
Garlic, cloves	2	4
Butternut Squash, cubes	170 g	340 g
Italian Breadcrumbs	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Sweet Potato	170 g	340 g
Dijon Mustard	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Mushrooms	113 g	227 g
Dried Cranberries	¼ cup	½ cup
Unsalted Butter*	½ tbsp	1 tbsp
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.*

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## Roast veggies

Peel, then cut **onion** into 1-inch pieces. Core, then cut **pepper** into 1-inch pieces. Peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, peppers, cranberries, onions, squash** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **top** of the oven, flipping halfway through, until tender, 22-23 min.



## Cook mushrooms

While **meatballs** bake, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp butter** (dbl for 4 ppl), then **mushrooms, garlic** and **remaining rosemary**. Cook, stirring occasionally, until **mushrooms** soften, 4-5 min. Season with **salt** and **pepper**. Sprinkle **flour** over **mushrooms**. Cook, stirring until coated, 1 min.



## Prep

While **veggies** roast, strip **1 tbsp rosemary leaves** (dbl for 4 ppl) from stems, then finely chop. Slice **mushrooms**. Peel, then mince or grate **garlic**.



## Make gravy

Add **1 cup water** (dbl for 4 ppl) and **broth concentrate** to the pan with **mushrooms**. Season with **salt** and **pepper**. Cook, stirring often, until **gravy** thickens, 3-4 min.



## Bake meatballs

Add **turkey, breadcrumbs, Dijon** and **half the rosemary** to a large bowl. Season with **pepper**, then combine. Roll **turkey mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to another parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

Divide **roasted veggies** and **meatballs** between bowls. Spoon **mushroom gravy** over top.

## Dinner Solved!