



NUTRITION *per serving* 16g carbohydrates 32g fat 59g protein 866mg sodium | calorie-conscious, carb-conscious



Calories
573



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium



Buffalo Turkey Meatball Salad

with celery and blue cheese

IN YOUR BOX

- 1 Celery Stalk
- 12 oz. Ground Turkey
- 2 oz. Blue Cheese
- 1 Romaine Heart
- 3 oz. Grape Tomatoes
- 1 Shallot
- .6 oz. Butter
- 2 fl. oz. Frank's RedHot Sauce
- 2 oz. Baby Arugula
- 3 oz. Ranch Dressing

CONTAINS: milk, eggs, soy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- 2 Mixing Bowls
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- Heads up! Blue cheese** is used twice. Most is added to **meatballs**, and a pinch garnishes **salad**.
- Spice Alert! Hot sauce** is an essential element of classic Buffalo flavors, but heat is not for everyone. Start with half if you're spice-sensitive, and add more to taste.
- Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **salad**.

FROM THE CHEF

Wet your hands to form the meatballs; this will make forming them easier and cleaner.

Did you know...

Several Buffalo, New York establishments lay claim to pairing hot sauce with chicken wings, but the probable inventor is Anchor Bar, which was owned by husband and wife team Frank and Teressa Bellissimo.



1

Prepare the Meatballs

Cut **celery** into ¼" dice. Combine **turkey**, **blue cheese** (reserve a pinch for garnish), **celery**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl. Mix thoroughly and form 8-10 meatballs the size ping-pong balls.



4

Prepare the Remaining Ingredients

Hold **romaine head** at root end and chop coarsely. Halve **grape tomatoes**. Peel and halve **shallot**. Slice halves into thin strips.



2

Sear the Meatballs

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **meatballs** to hot pan and cook until browned on all sides, 5-7 minutes.



5

Make the Buffalo Sauce

Return pan used to sear meatballs to medium heat. Add **butter** and melt entirely, 30-60 seconds. Add **hot sauce** (start with half if you're spice-sensitive, then add rest to taste), stir, and cook 2 minutes. Add **meatballs** to pan and toss to coat in sauce.



3

Finish the Meatballs

Transfer **meatballs** to prepared baking sheet and roast until they reach a minimum internal temperature of 165 degrees, 12-14 minutes. Wipe pan clean and reserve. While meatballs finish, prepare remaining ingredients.



6

Plate the Dish

Toss **romaine**, **arugula**, **grape tomatoes**, and **shallot** (to taste) in a large mixing bowl and place a serving on a plate. Place **meatballs** on top of salad and drizzle with **ranch dressing**. Garnish with remaining **blue cheese**. *Ranch can also be served on side as a dipping sauce.*