



**NUTRITION** per serving 23g carbohydrates 31g fat 52g protein 1268mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free

 Calories  
**571**

 Prep & Cook Time  
**30-40 min.**

 Cook Within  
**5 days**

 Difficulty  
**Intermediate**

 Spice Level  
**Not Spicy**

  
**HOME CHEF**

## Mozzarella-Stuffed Italian Turkey Meatballs

with zucchini noodles and marinara

### IN YOUR BOX

- 4 Zucchini
- 2 Garlic Cloves
- 4 Parsley Sprigs
- 12 oz. Ground Turkey
- ¼ cup Ricotta Cheese
- 1 Tbsp. Italian Seasoning Blend
- 2.64 oz. Fresh Ciliegine Mozzarella
- 8 fl. oz. Marinara Sauce

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Medium Non-Stick Pan
- Large 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!
- ☐ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ☐ **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- ☐ **Heads Up! Italian seasoning** is used twice. Half is added to **meatballs** and remaining is in **sauce**.
- ☐ **Heads Up! Parsley** is used twice. Half is added to **sauce** and remaining garnishes dish.

## FROM THE CHEF

When forming meatballs, use wet hands to prevent sticking and avoid overworking meat for easy-to-shape, tender meatballs.

### Did you know...

Fresh mozzarella is often named by the size into which curds are formed. These meatballs use Ciliegine, or cherry-sized mozzarella balls.



## Prepare the Ingredients

Trim **zucchini** ends and cut lengthwise into ¼” planks. (In case zucchini is ice-bruised, simply removed bruised areas.) Stack planks and cut into ¼” noodles. Mince **garlic**. Mince **parsley**, both stems and leaves.



## Finish the Meatballs

Add seared **meatballs** to pan containing **sauce**. Bring to a simmer, cover, and cook until meatballs reach a minimum internal temperature of 165 degrees, 7-10 minutes. Remove pan from burner. While meatballs finish, cook noodles.



## Form and Sear Meatballs

In a medium mixing bowl, combine **ground turkey**, **ricotta**, **half the Italian seasoning**, ¼ tsp. **salt**, and a pinch of **pepper**. Divide into eight equal-sized balls. Press your thumb into center of each meatball and place a **mozzarella ball** in the well. Reform meatball around cheese, making a tight seal. Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **meatballs** in hot pan and cook, turning occasionally, until browned all around, 3-4 minutes. Transfer to a plate. No need to wipe pan clean.



## Cook the Noodles

Heat 2 tsp. **olive oil** in a large non-stick pan over medium heat. Place **zucchini noodles** in hot pan and cook, stirring occasionally until warmed through and tender, 4-6 minutes. Remove pan from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



## Prepare the Sauce

Heat 1 tsp. **olive oil** in pan used to sear meatballs over medium-high heat. Add **garlic**, remaining **Italian seasoning**, and **half the parsley** (reserve remaining for garnish) to pan. Cook, stirring often, until fragrant, 30 seconds. Stir in **marinara**.



## Plate the Dish

Place a layer of **sauce** on a plate or in a shallow bowl. Add a serving of **zucchini** noodles. Top with four **meatballs** and more sauce. Garnish with remaining **parsley**.