



#### In your box

½ tsp. Garlic Salt  
4 oz. Ricotta  
12 oz. Yukon Potatoes  
4 oz. Cremini Mushrooms  
4 tsp. Chicken Demi-Glace  
2 oz. Sour Cream  
2 Tbsp. Italian Panko Blend  
8 oz. Carrot  
.6 oz. Butter

#### Customize It Options

12 oz. Ground Turkey  
10 oz. Antibiotic-Free Ground Beef

\*Contains: milk, wheat

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Medium Pot, Mixing Bowl, Baking Sheet, Medium Non-Stick Pan, Colander



## Mushroom-Smothered Turkey Meatballs

with mashed potatoes and roasted carrots

NUTRITION per serving—Calories: 755, Carbohydrates: 53g, Fat: 37g, Protein: 44g, Sodium: 1622mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

50-60 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **ground beef**, follow same instructions as ground turkey in Steps 3, 4, and 5. In Step 5, cook until meatballs reach a minimum internal temperature of 160 degrees, 4-5 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare Ingredients and Form Meatballs

- Cut **mushrooms** into ¼" slices.
- In a mixing bowl, combine **ground turkey**, **ricotta**, **panko**, and ¼ tsp. **salt**. Mix until completely combined.
- Form turkey mixture into eight equally-sized meatballs.



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### Roast the Carrot

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Place carrot on prepared baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Spread into a single layer and roast in hot oven until tender, 15-18 minutes.
- While carrot roasts, make mashed potatoes.



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### Make the Mashed Potatoes

- Cut **potatoes** into evenly-sized chunks.
- Bring a medium pot with potato chunks covered by **water** to a boil. Cook until fork-tender, 14-18 minutes.
- Reserve ½ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **sour cream**, 2 Tbsp. potato cooking water, and **garlic salt**. Mash until smooth. *If too thick, add remaining potato cooking water 1 Tbsp. at a time until desired consistency is reached.* Cover and set aside.
- While potatoes boil, prepare ingredients.



4

### Start the Meatballs

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **meatballs** to hot pan and cook until browned on two "sides", 2-3 minutes per side.
- Add **mushrooms**. Cover, and reduce heat to medium. *Don't worry if pan is crowded; mushrooms will cook down.* Stir occasionally until mushrooms soften, 4-6 minutes.



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### Finish Meatballs and Finish Dish

- Add 2 Tbsp. **water** and **chicken demi-glace** to pan. Cover, and cook until **meatballs** reach a minimum internal temperature of 165 degrees, 4-5 minutes.
- Remove from burner and gently stir in **butter**.
- Plate dish as pictured on front of card, topping meatballs with sauce. Bon appétit!