

Orange-Glazed Turkey Meatballs

with Carrots & Sweet Peppers

WW™ APPROVED
DIABETES FRIENDLY
CARB CONSCIOUS
500 CALORIES OR LESS

🕒 40-50 MINS | 2 SERVINGS

In this vibrant dish, savory turkey meatballs get bright, citrusy flavor from a glaze of fresh orange juice, ponzu sauce, sweet honey, and a touch of crushed red pepper flakes. It all comes together over a hearty trio of vegetables sautéed with a bit of fresh ginger for pleasantly aromatic flavor.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Wine is not included in SmartPoints®

WW | 10 10 10 SmartPoints® value per serving



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Ingredients



10 oz
GROUND TURKEY



10 oz
BABY BOK CHOY



4 oz
SWEET PEPPERS



1 Tbsp
VEGETARIAN
PONZU SAUCE



1 1-inch piece
GINGER



¼ tsp
CRUSHED RED
PEPPER FLAKES



¾ lb
CARROTS



1
NAVEL ORANGE



1 clove
GARLIC



2 tps
HONEY



¼ cup
PANKO
BREADCRUMBS



1 Tbsp
TOGARASHI
SEASONING*

*Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Prepare the ingredients & make the glaze:

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Peel and finely chop the **ginger**.
- Halve the **orange** crosswise; squeeze the juice into a medium bowl. Add the **ponzu sauce**, **honey** (kneading the packet before opening), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Whisk to thoroughly combine.

2 Form the meatballs:

- In a large bowl, combine the **turkey**, **garlic paste**, and **breadcrumbs**; season with salt and pepper. Gently mix to combine.
- Shape the mixture into 10 tightly packed meatballs. Transfer to a plate.

3 Cook the vegetables:

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** and **quartered peppers**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **chopped bok choy** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm. Wipe out the pan.

4 Brown the meatballs:

- In the same pan, heat **1 teaspoon of olive oil** on medium until hot.
- Add the **meatballs** in an even layer. Loosely cover the pan with foil and cook, without stirring, 5 to 7 minutes, or until browned.
- Continue to cook, stirring occasionally, 4 to 6 minutes, or until browned on all sides.

5 Glaze the meatballs & serve your dish:

- To the pan, add the **glaze** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and spooning the glaze over the meatballs, 1 to 2 minutes, or until the glaze is slightly thickened and the meatballs are coated and cooked through.** Turn off the heat.
- Serve the **cooked vegetables** topped with the **glazed meatballs** (including any glaze from the pan). Garnish with **as much of the togarashi as you'd like** (you may have extra). Enjoy!

**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: xxx, Total Carbohydrates: xxxg, Dietary Fiber: xxg, Added Sugar: xg, Total Fat: xxg, Saturated Fat: xxg, Protein: xxg, Sodium: xxxmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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