

Mexican Turkey Meatballs

with Pepitas, Rice & Spicy Cilantro Sauce

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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Ingredients



10 oz Ground Turkey



1 Red Onion



2 Tbsps Grated Cotija Cheese



1 oz Sliced Pickled Jalapeño Pepper



½ cup Brown Rice



2 cloves Garlic



¾ cup Panko Breadcrumbs



2 Tbsps Raw Pepitas



4 oz Grape Tomatoes



1 Red, Yellow, or Orange Bell Pepper



¾ cup Cilantro Sauce



1 Tbsp Mexican Spice Blend¹



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **cilantro sauce** and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly.



3 Toast the pepitas

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- Transfer to a plate and immediately season with salt.
- Wipe out the pan.



4 Form & cook the meatballs

- In a bowl, combine the **turkey, breadcrumbs, and spice blend**. Season with salt and pepper. Gently mix to combine.
- Shape the mixture into 10 tightly packed meatballs.
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **meatballs** in an even layer. Loosely cover the pan with foil and cook, without stirring, 6 to 7 minutes, or until browned.
- Continue to cook, stirring occasionally, 6 to 8 minutes, or until browned on all sides and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with the foil to keep warm.



5 Finish & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion, diced bell pepper, and chopped garlic**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Add the **halved tomatoes** and $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally and pressing the tomatoes with the back of a spoon, 3 to 4 minutes, or until the tomatoes are broken down and the sauce is slightly thickened.
- Add the **cooked meatballs**. Cook, constantly spooning the sauce over the meatballs, 1 to 2 minutes, or until coated.
- Serve the **cooked rice** topped with the **finished meatballs, vegetables, and sauce**. Garnish with the **spicy cilantro sauce, cheese, and toasted pepitas**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 720, Total Carbohydrates: 72g, Dietary Fiber: 8g, Added Sugars: 0g, Total Fat: 29g, Saturated Fat: 6g, Protein: 42g, Sodium: 1610mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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