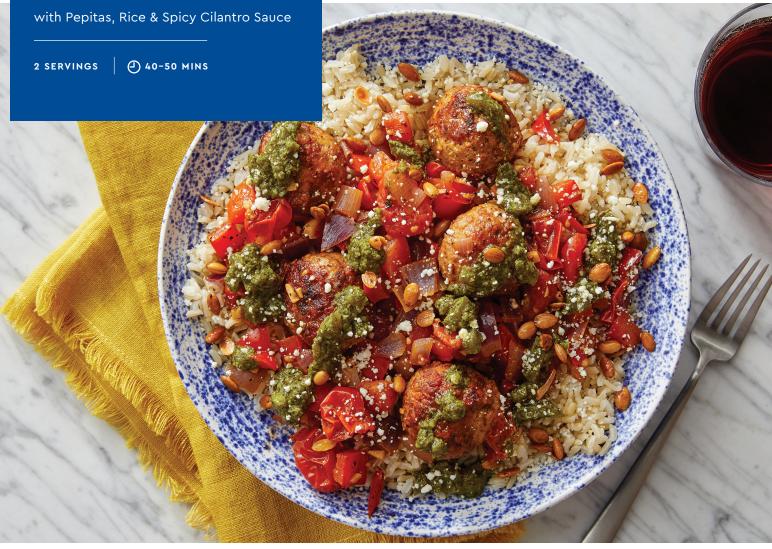
# **Mexican Turkey** Meatballs 2 SERVINGS 40-50 MINS





## **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



1/4 cup Panko Breadcrumbs



2 Tbsps Raw Pepitas



4 oz Grape Tomatoes



1 Red, Yellow, or Orange Bell Pepper



1/4 cup Cilantro



1 Tbsp Mexican Spice Blend1



### 1) Prepare the ingredients

- Fill a medium pot 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.



### 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.

down and the sauce is slightly thickened.

- Add the halved tomatoes and 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
- 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!

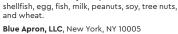
\*An instant-read thermometer should register 165°F.



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.









Produced in a facility that processes crustacean