

Orange-Glazed Turkey Meatballs

with Carrots & Bok Choy

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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↔ IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ↔ icon) and instructions tailored to you.*

Ingredients



10 oz Ground Turkey



10 oz Baby Bok Choy



1 Tbsp Vegetarian Ponzu Sauce



¾ cup Panko Bread crumbs



1 Tbsp Togarashi Seasoning¹



1 Navel Orange



1 Bell Pepper



1 piece Ginger



1 Tbsp Honey



½ cup Brown Rice ↔



¾ lb Carrots



1 clove Garlic



1 Tbsp Sesame Oil



¼ tsp Crushed Red Pepper Flakes



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



10 10 10

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

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1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.

↩️ ADDITIONAL STEP *If you chose Brown Rice*

- Fill a small pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.

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 stem of the **pepper**; remove the core, then large dice.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- 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 the **sesame oil** on medium-high until hot.
- Add the **sliced carrots** and **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.



Step 3 continued:

- 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 **2 teaspoons 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 the **togarashi**. Enjoy!



↩️ CUSTOMIZED STEP 5 *If you chose Brown Rice*

- Glaze the meatballs as directed in Step 5.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed meatballs** (including any glaze from the pan). Garnish with the **togarashi**. Enjoy!

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 530, Total Carbohydrates: 47g, Dietary Fiber: 10g, Added Sugars: 10g, Total Fat: 25g, Saturated Fat: 5g, Protein: 34g, Sodium: 1080mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. 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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