

TURKEY MEATBALLS

with Sweet Potato & Apple Curry

Preparation Time: 15-20 Mins

INGREDIENTS

- Turkey Meatballs
- Sweet Potato
- Apple Curry
- Granny Smith Apple

FROM YOUR KITCHEN

- Salt & Pepper
- Oil
- Medium Pot
- Frying Pan (non stick)
- Baking Sheet
- Parchment Paper (optional)

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

Preheat oven to 450°. Fill a Medium pot half full of water, bring to a boil.

STEP 3

Heat 1 tbsp oil in a frying pan on HIGH heat. Heat until oil is nearing a smoking point** Sear meatballs for 2 minutes on each side. Remove from heat.

STEP 4

Place meatballs on a baking sheet (lined with parchment paper, recommended). Bake for 15 minutes or until internal temperature reaches 165°. Then transfer meatballs and let them rest.

STEP 5

Add sweet potato to pot, cook until soft and drain.

STEP 6

Add apple curry to pot of sweet potato, and bring to a simmer.

STEP 7

Cut (Julien***) granny smith apple into very thin slices.

LET'S EAT!

PORTION and plate your apple curry and sweet potato, top with turkey meatballs.

Salt & pepper to taste.

GARNISH with apple slices and serve!

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact

*** **Julienne** or **french cut**, is a culinary knife cut in which the food item is cut into long thin strips, similar to matchsticks



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