



7 BAKED TURKEY MEATBALLS

you can freeze



Sweet
Peas ^{AND}
SAFFRON 

INSTRUCTIONS

Stir together all ingredients until completely combined.

Roll into 1.5 tablespoon balls and freeze or bake at 375°F for 20 minutes.

FRIDGE:

Meatballs may be baked ahead and stored in the fridge for up to 4 days.

FREEZER:

Meatballs may be frozen raw (recommended) or baked for up to 3 months.

To freeze raw: Roll the meatballs into 1.5 tablespoon balls and freeze on a cookie sheet for 1-2 hours, before portioning out into gallon sized freezer bags. Thaw completely before baking at 375°F for 20 minutes.

To freeze baked: Bake as indicated above and cool completely. Portion out into gallon sized freezer bags and freeze. Thaw completely before baking at 300°F for 15 minutes, or until heated through

Taco Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

450g/ 1 lb lean ground turkey
1 teaspoon worcestershire sauce
½ teaspoon salt
1 egg
½ cup breadcrumbs
2 tablespoons taco seasoning

Special notes:

Serve with salsa, sour cream.

Lemongrass Ginger Baked Turkey Meatballs

Ingredients

1 stalk lemongrass, outer leaves removed, cut into small chunks
1 shallot, cut into chunks
1 inch peice of ginger, sliced
1 tablespoon olive oil
450g/ 1lb lean ground turkey
2 teaspoons soy sauce
1 teaspoon worschershire sauce
½ teaspoon salt
1 egg
½ cup bread crumbs

Special instructions:

Place the lemongrass, shallot, ginger and oil in a small food processor and puree until smooth.

Cook in a frying pan for 5-8 minutes, until lightly golden and cooked through.

Cool, then transfer to a bowl and mix with other ingredients before rolling & baking.

Italian Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

450 g/1 lb lean ground turkey
1 teaspoon worcestershire sauce
½ teaspoon salt
1 egg
½ cup breadcrumbs
1 teaspoon dried oregano
1 teaspoon dried basil
¼ cup shredded parmesan cheese

Special notes:

(Optional) Bake in marinara (add an extra 5 minutes cook time), and sprinkle with fresh parmesan before serving.

Maple Chipotle Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

450 g/ 1 lb lean ground turkey
1 teaspoon worcestershire sauce
½ teaspoon salt
1 egg
½ cup breadcrumbs
1 tablespoon maple syrup
2 tablespoons adobo sauce

optional: ½ chipotle pepper for extra spice

Recipes

Thai Curry Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

1 tablespoon Thai red curry paste
1½ teaspoons brown sugar
1 teaspoon fish sauce
1 egg
450g/ 1 lb lean ground turkey
1 teaspoon worcestershire sauce
½ teaspoon salt
½ cup breadcrumbs

Special notes:

Recommend stirring together the curry paste, brown sugar, fish sauce and egg before adding other ingredients.

Serve with lime wedges.

Greek Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

450 g/1 lb lean ground turkey
1 teaspoon worcestershire sauce
½ teaspoon salt
1 egg
½ cup breadcrumbs
1 clove garlic, minced
2 tablespoons lemon zest
½ cup feta cheese
1 teaspoon dried oregano

Special notes:

(Optional) Serve with a dollop of tzatziki.

Hoisin Ginger Baked Turkey Meatballs

Ingredients (makes 18-20 meatballs)

450g/1 lb lean ground turkey
1 teaspoon worcestershire sauce
1 egg
½ cup bread crumbs
2 tablespoons hoisin sauce
2 teaspoons soy sauce
2 tbsp fresh ginger, grated

Special notes:

Garnish with green onion