

Garlic-Ginger Turkey Meatballs

over Sweet Potato & Apple Curry

WW™ APPROVED
CARB CONSCIOUS

🕒 35-45 MINS | 2 SERVINGS

Here, aromatic turkey meatballs find sweet and savory complement from the vibrant curry served underneath, which features sweet potato, bok choy, and grated apple cooked with soy sauce and spicy yellow curry paste.



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Crisp & Minerally

Wine is not included in SmartPoints®



15 15 11

SmartPoints® value per serving



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Ingredients



10 oz
GROUND TURKEY



1
APPLE



10 oz
BABY BOK CHOY



1 1-inch piece
GINGER



1 Tbsp
YELLOW CURRY
PASTE



¼ cup
PANKO
BREADCRUMBS



½ lb
SWEET POTATO



1
SWEET OR
YELLOW ONION



2 cloves
GARLIC



1 Tbsp
SOY SAUCE



2 Tbsps
CRÈME FRAÎCHE



1 tsp
BLACK & WHITE
SESAME SEEDS



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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.
- Peel and medium dice the **sweet potato**.
- Peel **2 cloves of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Peel and finely chop the **ginger**.
- Halve, peel, and medium dice the **onion**.
- Cut off and discard the root ends of the **bok choy**; thinly slice, separating the stems and leaves.
- Grate the **apple** on the large side of a box grater, discarding the core.



2 Cook the sweet potato:

- Add the **diced sweet potato** to the pot of boiling water. Cook 8 to 10 minutes, or until slightly tender when pierced with a fork. Drain thoroughly.



3 Form & cook the meatballs:

- Meanwhile, in a bowl, combine the **turkey, garlic paste, chopped ginger, and half the breadcrumbs** (you will have extra). Season with salt and pepper. Gently mix to combine.
- Shape the mixture into 10 tightly packed meatballs.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium until hot.
- Add the **meatballs** in an even layer. Loosely cover the pan with foil. 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 foil to keep warm.



4 Start the curry:

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion and sliced bok choy stems**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **grated apple and cooked sweet potato**; season with salt and pepper. Cook, stirring frequently 1 to 2 minutes, or until the vegetables are softened.
- Add the **curry paste**. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined.
- Add the **soy sauce** (carefully, as the liquid may splatter), and **$\frac{3}{4}$ cup of water**; season with salt and pepper. Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until the liquid is slightly thickened.



5 Finish the curry & serve your dish:

- Add the **sliced bok choy leaves** to the pan; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly wilted.
- Turn off the heat; stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished curry** topped with the **cooked meatballs**. Garnish with the **sesame seeds**. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 530, Total Carbohydrates: 47g, Dietary Fiber: 8g, Added Sugar: 0g, Total Fat: 23g, Saturated Fat: 8g, Protein: 33g, Sodium: 2010mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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