

Turkey Meatballs with Maple Mustard Apple Cider sauce

Meatballs:

- 1 pound ground turkey
- 1 large egg, lightly beaten
- 1/4 cup bread crumbs or panko bread
- 1 small onion, finely chopped
- 4 garlic cloves, minced
- 1.5 tsp rosemary, finely chopped
- 1 tsp, salt & cracked black pepper

Sauce:

- 1 cup chicken broth
- 2 T Apple Cider Vinegar
- 1/4 cup Dijon mustard
- 1/4 cup maple syrup
- 3 T plain Greek yogurt
- 1 sprig rosemary

In a large bowl, mix all meatball ingredients together until ingredients are incorporated. Avoid over-mixing after everything is mixed together. Roll 1-inch meatballs with the palms of your hands, placing rolled ones on a plate or sheet pan. In a large pan, heat to medium and add 2 TB of neutral oil. Add a batch of meatballs, with some space in between them, brown on both “sides” and cook thoroughly. If needed, repeat for another batch with new oil. Remove meatballs, and in the same saucepan, deglaze by adding chicken broth and use a spatula or whisk to scrape up a brown bite of the bottom of the pan. Add the rest of the sauce ingredients and whisk vigorously but carefully to make a smooth sauce. Simmer on medium to medium-low until glossy and creamy (5-10 min).



ATLANTA BOTANICAL GARDEN

Pour sauce on top of meatballs and you can serve with pasta, rice, potatoes, or anything else!

Recipe by Garden Chef Ilene Rouamvongsor



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