

Turkey Meatballs with Sautéed Kale & Lemon Parsley Dressing



30 minutes | 2 servings

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[spatula](#)
[stainless steel or cast iron skillet](#)
[stirring spoon](#)

Grab ingredients

4 fl oz	chicken or vegetable broth
1	egg
3 cloves	garlic
¾ lb	ground turkey
½ small bunch	Italian (flat-leaf) parsley
1 bunch	kale
½	lemon
1	shallot
	almond meal/flour
	black pepper
	butter, unsalted
	crushed red pepper
	extra virgin olive oil
	salt

Cook & enjoy

- 1 Preheat oven to 400°F.
- 2 Peel and mince garlic; set aside in a small bowl.
3 cloves garlic
- 3 Peel and small dice the shallot and add to a large bowl.
1 shallot
- 4 Add ⅓ of the minced garlic, ground turkey, egg, almond flour, salt, and pepper to the bowl with the shallot and mix with your hands until well combined.
¾ lb ground turkey
1 egg
¼ cup almond meal/flour
¼ tsp salt
⅓ tsp black pepper
- 5 Coat a baking dish with a thin layer of olive oil. Using a tablespoon measure, form the turkey mixture into rounded meatballs and place in the dish. Place in the oven and bake until cooked through, about 18 minutes.
1 tbsp extra virgin olive oil
- 6 Meanwhile, wash and dry parsley. Shave leaves off the stems; discard the stems and mince the leaves. Transfer to a small bowl.
½ small bunch Italian (flat-leaf) parsley
- 7 Wash and dry lemon, then zest into the bowl with the parsley; add oil and ⅓ of the garlic and stir to combine the dressing. Save the lemon to juice later.
½ lemon
2 tbsp extra virgin olive oil

- 8 Wash and dry kale. Fold leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces.
1 bunch kale
- 9 Preheat a skillet over medium-high heat. Add butter and swirl to coat the bottom. Add the remaining $\frac{1}{3}$ of the garlic and cook for 1 minute.
1 tbsp butter, unsalted
- 10 Juice the lemon into the skillet; add kale and spices. Cook, stirring frequently, for 1-2 minutes.
 $\frac{1}{8}$ tsp crushed red pepper
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp black pepper
- 11 Add broth, cover with a lid, and cook until tender, about 5 minutes. Top kale with meatballs, then remove from heat.
4 fl oz ($\frac{1}{2}$ cup) chicken or vegetable broth
- 12 To serve, divide kale and meatballs between dishes and top with parsley dressing. Enjoy!