

# Turkey Meatballs with Sautéed Kale & Lemon Parsley Dressing

30 minutes | 2 servings



## Find cookware

[baking dish](#)  
[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[oven mitts](#)  
[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  
⅛ 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!