

# GARLIC-BUTTER TURKEY MEATBALLS WITH ZUCCHINI NOODLES

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

## INGREDIENTS

4 medium zucchini, spiralized  
4 cloves of garlic  
1 crumbled bouillon cube, optional  
1/2 pound ground turkey  
1/2 pound ground pork  
Juice of 1/2 lemon  
1/2 cup shredded mozzarella (or cheese of choice)

1 cup fresh chopped cilantro  
3 tablespoons butter  
1 tablespoon hot sauce  
1 teaspoon Italian seasoning  
1/2 teaspoon red crushed chili pepper flakes, optional



## INSTRUCTIONS

In a large bowl, combine ground turkey, ground pork, cheese, grated garlic, Italian seasoning, bouillon cube, red chili pepper flakes, chopped cilantro and black pepper. Mix well with your hands or fork, and form medium turkey meatballs. Arrange the turkey meatballs on a plate, and set them aside. Melt 2 tablespoons butter in a large skillet over medium-low heat. Cook the meatballs for 8 to 10 minutes on all sides, until browned and cooked through. While cooking, baste the turkey meatballs with a mix of butter and juices. Remove to a clean plate, and set aside. In the same skillet, melt the remaining tablespoon of butter; then, add lemon juice, hot sauce, minced garlic, and red pepper flakes (optional). Add the zucchini noodles, and cook for 3 or 4 minutes, stirring regularly, until the noodles are done but still crisp and the juices have reduced a bit. Adjust seasoning with salt and pepper, and garnish with more cilantro or parsley if you like. Push zucchini noodles to one side of the skillet; add the turkey meatballs back to the pan, and reheat for a minute or two. Serve the garlic-butter turkey meatballs and zucchini noodles immediately with a lemon slice on the side.