

Turkey-Zucchini Meatballs with Green Yogurt and Saffron Rice
Recipe by Mona Talbot, [Talbot & Arding Cheese and Provisions](#), Hudson, NY
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Total Time: 30 Minutes

Serves: 4

2-1/2 cups cooked basmati rice
1 pound ground turkey, preferably dark meat
1 packed cup coarsely shredded zucchini
3 cloves garlic, minced
Ground cayenne
Kosher salt and freshly ground black pepper
1/3 cup thinly sliced scallions
1/3 cup minced parsley
1/4 cup minced basil
2 tablespoons olive oil
1/2 medium jalapeño, seeded and chopped
1/2 cup cilantro leaves, plus more to garnish
1 cup Greek yogurt
Juice of 1/2 lemon
2 tablespoons butter
1 pinch saffron threads

1. Make the meatballs: Preheat oven to 400°. Line a baking sheet with parchment paper. In a food processor, pulse 1/2 cup cooked rice until grains are finely crumbled. In a medium mixing bowl, combine crumbled rice with round turkey, shredded zucchini, 2 cloves minced garlic and a good pinch each of cayenne, salt and pepper, and mix to combine. Work in scallions, chopped parsley and basil until evenly distributed.
2. With wet hands, form meatballs about the size of golf balls and transfer to prepared baking sheet. Brush meatballs with 2 tablespoon olive oil. Bake until just cooked through, 10-12 minutes.
3. Make the green yogurt: In a food processor, pulse together remaining garlic, jalapeno, 1/2 cup cilantro leaves, yogurt, lemon juice and salt and pepper to taste. Once well combined, taste and season as needed.
4. Make the saffron rice: Set a medium non-stick pan over medium heat. Add butter in crumble in saffron threads. Once butter starts to sizzle and saffron cent blooms, after about 1 minute, stir in remaining cooked rice. Once grains are evenly coated in butter, cover pan and gently warm rice through, about 1 minute. Season with salt.
5. To serve, spoon saffron rice onto plates and top with turkey meatballs. Spoon green yogurt over top and garnish with cilantro.