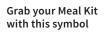


Paprika Spiced Pork Meatballs & Sticky Glaze with Mashed Potato & Steamed Veggies

NEW

KID FRIENDLY









Potato



Baby Spinach Leaves

Pork Mince



Paprika Spice

Fine Breadcrumbs





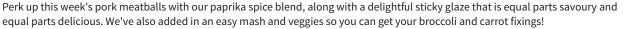
Sweet & Savoury

Chicken-Style Stock Powder



Parmesan Cheese





Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid · Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
milk*	2 tbs	1/4 cup	
butter*	40g	80g	
broccoli & carrot mix	1 medium bag	1 large bag	
baby spinach leaves	1 small bag	1 medium bag	
pork mince	1 small packet	2 small packets OR 1 large packet	
paprika spice blend	1 sachet	2 sachets	
fine breadcrumbs	1 medium packet	1 large packet	
egg*	1	2	
sweet & savoury glaze	1 medium packet	1 large packet	
chicken-style stock powder	½ medium sachet	1 medium sachet	
water*	2 tbs	1/4 cup	
Parmesan cheese	1 medium packet	1 large packet	
beef mince**	1 small packet	2 small packets OR 1 large packet	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	535kJ (128Cal)
Protein (g)	41.2g	7.6g
Fat, total (g)	37.4g	6.9g
- saturated (g)	19.6g	3.6g
Carbohydrate (g)	45.6g	8.4g
- sugars (g)	14.9g	2.7g
Sodium (mg)	1445mg	266mg
Custom Recipe		

Avg Qty Per 100g Energy (kJ) 2937kJ (702Cal) 540kJ (129Cal) Protein (g) 44.7g 8.2g Fat, total (g) 36.5g 6.7g - saturated (g) 20g 3.7g Carbohydrate (g) 45.6g 8.4g - sugars (g) 14.9g 2.7g

1446mg

The quantities provided above are averages only.

Allergens

Sodium (mg)

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



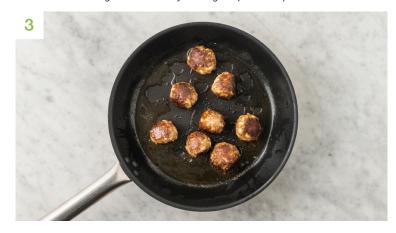
266mg



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel and cut potato into bite-sized chunks. Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain potato and return to saucepan. Add the milk and half the butter to potato and season generously with salt.
- · Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Prep & cook the meatballs

- While veggies are steaming, in a medium bowl, combine pork mince, paprika spice blend, fine breadcrumbs, the egg and a pinch of salt.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add meatballs and cook, turning, until browned and cooked through,
 8-10 minutes (cook in batches if your pan is getting crowded).

Custom Recipe: If you've swapped to beef mince, prepare and cook beef meatballs in the same way as above.



Steam the veggies

- When potatoes have 8 minutes remaining, place a colander or steamer basket on top and add broccoli & carrot mix.
- Cover and steam until veggies are tender and potatoes can be easily pierced with a fork, 7-8 minutes.
- Transfer veggies to a bowl and add baby spinach leaves, tossing to combine. Season and cover to keep warm.



Glaze & serve up

- · Reduce heat to medium-low.
- Stir in sweet & savoury glaze, chicken-style stock powder (see ingredients), the water and remaining butter, tossing meatballs to coat. 1-2 minutes.
- Divide mashed potato and steamed veggies between plates. Top mash with paprika spiced pork meatballs. Spoon over any remaining glaze from pan.
- Sprinkle with Parmesan cheese to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate