



Pork Meatballs & Creamy Horseradish Sauce

with Cheesy Mash & Pear Salad

EXPLORER

NEW

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Pear



Pork Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Garlic Paste



Light Cooking Cream



Horseradish Sauce



Chicken-Style Stock Powder



Mixed Salad Leaves



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Meatballs and mash are a tasty pairing that doesn't get all the praise it deserves. To hit the good spot, pour creamy horseradish sauce all over and you'll quickly see that it tastes just as good as it looks.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Egg, Vinegar (White Wine or Balsamic)

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
pear	1	2
pork mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
horseradish sauce	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
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)	3420kJ (817Cal)	626kJ (150Cal)
Protein (g)	41.5g	7.6g
Fat, total (g)	51.3g	9.4g
- saturated (g)	27.6g	5.1g
Carbohydrate (g)	45.7g	8.4g
- sugars (g)	15g	2.7g
Sodium (mg)	1362mg	249mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3448kJ (824Cal)	631kJ (151Cal)
Protein (g)	45g	8.2g
Fat, total (g)	50.4g	9.2g
- saturated (g)	28.1g	5.1g
Carbohydrate (g)	45.7g	8.4g
- sugars (g)	15g	2.7g
Sodium (mg)	1363mg	250mg

The quantities provided above are averages only.

Allergens

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.



1 Make the cheesy mash

- Boil the kettle. Half-fill a medium saucepan with the boiled water and heat over high heat.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add the **butter, milk** and **Parmesan cheese** and season with **salt**. Mash until smooth. Cover to keep warm.

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



4 Make the creamy sauce

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**.
- Cook **garlic paste**, until fragrant, **1 minute**.
- Add **light cooking cream, horseradish sauce, chicken-style stock powder** (see ingredients) and a splash of **water**. Simmer until slightly thickened, **1-2 minutes**. Season to taste.



2 Get prepped

- Meanwhile, thinly slice **pear** into wedges.
- In a large bowl, combine **pork mince, garlic & herb seasoning, fine breadcrumbs, egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, combine beef mince in the same way as the pork mince.



5 Toss the salad

- Just before serving, in a large bowl, combine **mixed salad leaves, pear** and a drizzle of **vinegar** and **olive oil**. Season.



3 Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a plate.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: Cook beef meatballs in the same way as above.



6 Serve up

- Divide cheesy mash and pear salad between plates.
- Top mash with pork meatballs.
- Spoon over creamy horseradish sauce to serve. Enjoy!

Custom Recipe: Top mash with beef meatballs to serve.

We're here to help!

Scan here if you have any questions or concerns

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