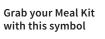


# Pork Meatballs & Creamy Horseradish Sauce

with Cheesy Mash & Pear Salad

EXPLORER

NEW











Parmesan Cheese





Pork Mince

Garlic & Herb Seasoning

Fine Breadcrumbs



Garlic Paste

**Light Cooking** Cream



Horseradish Sauce



Chicken-Style Stock Powder



Mixed Salad Leaves



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  $\cdot$  Large frying pan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 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

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

**Custom Recipe** 

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

#### Avg Qty Per 100g 3448kJ (824Cal) 631kJ (151Cal) Energy (kJ) 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 1363mg Sodium (mg) 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.



# 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!



# 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.



# 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.



# 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.



# Toss the salad

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



# 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.

