



Paprika-Spiced Pork Meatballs & Sticky Glaze

with Mashed Potato & Steamed Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Broccoli & Carrot Mix



Baby Spinach Leaves



Pork Mince



Paprika Spice Blend



Fine Breadcrumbs



Sweet & Savoury Glaze



Chicken-Style Stock Powder



Parmesan Cheese



Beef Mince

Prep in: 25-35 mins
Ready in: 25-35 mins

Perk up this week's pork meatballs with our paprika spice blend, along with a delightful sticky glaze that is equal parts savoury and equal parts delicious. We've also added in an easy mash and veggies so you can get your broccoli and carrot fixings!

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

Pantry items

Olive Oil, Milk, Butter, Egg

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	¼ cup
butter*	40g	80g
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 medium sachet	2 medium 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	¼ cup
Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (698Cal)	537kJ (128Cal)
Protein (g)	41.4g	7.6g
Fat, total (g)	37.5g	6.9g
- saturated (g)	19.6g	3.6g
Carbohydrate (g)	45.4g	8.3g
- sugars (g)	14.9g	2.7g
Sodium (mg)	1446mg	266mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2947kJ (704Cal)	542kJ (130Cal)
Protein (g)	44.9g	8.3g
Fat, total (g)	36.5g	6.7g
- saturated (g)	20.1g	3.7g
Carbohydrate (g)	45.4g	8.3g
- sugars (g)	14.9g	2.7g
Sodium (mg)	1447mg	266mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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.

4



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!

Custom Recipe: Top mash with paprika spiced beef meatballs as above.

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