

Pork Meatballs & Creamy Herb Sauce

with Potato-Carrot Mash & Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Tomato



Cucumber



Herbs



Mixed Leaves



Pork Mince



Garlic & Herb Seasoning



Light Cooking Cream



Vegetable Stock Powder



Dijon Mustard

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-30 mins
Ready in: 30-40 mins

Carb Smart

Naturally Gluten-Free
Not suitable for coeliacs

Perk up this week's pork meatballs with our garlic and herb seasoning, along with a delightful herb sauce spiked with light cream and tangy Dijon mustard. For the carb conscious, we've added carrot in place of some of the potato in the mash.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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 | 1 | 2 |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| tomato | 1 | 2 |
| cucumber | 1 | 2 |
| herbs | 1 bag | 1 bag |
| mixed leaves | 1 medium bag | 1 large bag |
| balsamic vinegar* | drizzle | drizzle |
| pork mince | 1 small packet | 1 medium packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| light cooking cream | 1 medium packet | 1 large packet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| Dijon mustard | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2315kJ (553Cal) | 413kJ (99Cal) |
| Protein (g) | 31.8g | 5.7g |
| Fat, total (g) | 32.4g | 5.8g |
| - saturated (g) | 13.7g | 2.4g |
| Carbohydrate (g) | 29.9g | 5.3g |
| - sugars (g) | 14.1g | 2.5g |
| Sodium (mg) | 1087mg | 194mg |
| Dietary Fibre (g) | 8.7g | 1.6g |

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 mash

Boil the kettle. Peel **potato** and **carrot** and cut into large chunks. Half-fill a medium saucepan with the boiling water. Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to saucepan. Add a drizzle of **olive oil** and season generously with **salt**. Mash until smooth. Cover to keep warm.

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



2 Get prepped

While veggies are cooking, finely chop **garlic**. Cut **tomato** into wedges. Thinly slice **cucumber** into half-moons. Roughly chop **herbs** and set aside. In a large bowl, combine **tomato**, **cucumber**, **mixed leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

TIP: Toss the salad just before serving to keep the leaves crisp.



3 Make the meatballs

In a medium bowl, combine **pork mince** and **garlic & herb seasoning**. Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

TIP: The seasoning helps bind the meatballs!



4 Cook the meatballs

In a large frying pan, heat a generous 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 and cover to keep warm.



5 Make it saucy

Wipe out frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Add **light cooking cream**, **vegetable stock powder**, **Dijon mustard** and a splash of **water** and simmer until slightly thickened, **1-2 minutes**. Remove pan from heat, then stir in the chopped **herbs**. Return cooked **meatballs** (and any **resting juices!**) to pan, gently turning to coat. Season to taste.



6 Serve up

Divide pork meatballs and creamy herb sauce, potato-carrot mash and salad between plates. Spoon any remaining sauce from pan over meatballs to serve.

Enjoy!

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