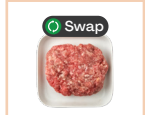




BBQ Pork and Apple Meatballs

with Creamy Mashed Sweet Potatoes and Side Salad

Family Friendly 35-45 Minutes



Ground Beef
250 g | 500 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Pork
250 g | 500 g



Italian Breadcrumbs
4 tbsp | 8 tbsp



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Gala Apple
1 | 2



Cream
56 ml | 113 ml



Cream Cheese
1 | 2



Crispy Shallots
28 g | 56 g



BBQ Sauce
4 tbsp | 8 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Sweet Potato
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Salt, pepper, unsalted butter, sugar, oil

Cooking utensils | Aluminum foil, baking sheet, box grater, colander, 2 large bowls, large pot, measuring spoons, medium bowl, potato masher, small bowl, vegetable peeler, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Core **apple**, then coarsely grate **half the apple**. Thinly slice **remaining apple**.
- Halve **tomatoes**.

2



Cook sweet potatoes

- Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.

3



Form and roast meatballs

- [Swap](#) | [Ground Beef](#)
- Add **pork, breadcrumbs, grated apple, BBQ Seasoning** and ¼ **tsp** (½ **tsp**) **salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **12 equal-sized meatballs** (24 meatballs for 4 ppl).
- Arrange on a foil-lined baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 12-14 min.**

4



Mash sweet potatoes

- When **sweet potatoes** are fork-tender, drain and return to the same pot, off heat.
- Mash **cream, cream cheese** and **1 tbsp** (2 **tbsp**) **butter** into **sweet potatoes** until creamy.
- Season with **salt** and **pepper**, to taste, then stir to combine.

5



Make salad

- Whisk together **vinegar, ½ tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** in a medium bowl.
- Add **tomatoes, apple slices** and **spinach**.
- Season with **salt** and **pepper**, then toss to combine.

6



Finish and serve

- When **meatballs** are done, melt **1 tbsp** (2 **tbsp**) **butter** in a small microwavable bowl, 30 sec.
- Add **meatballs, BBQ sauce, melted butter** and ½ **tbsp** (1 **tbsp**) **water** to another large bowl, then toss to coat.
- Divide **mashed sweet potatoes** between plates, then top with **meatballs** and **any remaining sauce** from the large bowl.
- Sprinkle **crispy shallots** over top.
- Serve **salad** alongside.

Measurements
within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Form and roast meatballs

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to cook the **pork****

** Cook to a minimum internal temperature of 74°C/165°F.