



# Smart Cheddar and Pork Meatballs

## with Blueberry-BBQ Sauce and Roasted Veggies

Smart Meal 30 Minutes

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](https://www.hellofresh.ca)

<b>↻</b> Swap	<b>↻</b> Swap
Mild Italian Sausage 250 g   500 g	Plant-Based Ground Protein 250 g   500 g



Ground Pork 250 g   500 g	Cheddar Cheese, shredded ¼ cup   ½ cup
Green Onion 2   4	Italian Breadcrumbs 2 tbsp   4 tbsp
Garlic Salt 1 tsp   2 tsp	Blueberry Jam 1   2
BBQ Sauce 2 tbsp   4 tbsp	Red Potato 200 g   400 g
Cauliflower 285 g   570 g	

**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.

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

**Pantry items** | Unsalted butter, oil, pepper

**Cooking utensils** | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, parchment paper, small pot, whisk

1



### Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the bottom of the oven, flipping halfway through, until tender and golden-brown, 20-23 min.

2



### Prep and make meatballs

- 🔄 **Swap** | **Mild Italian Sausage**
- 🔄 **Swap** | **Plant-Based Ground Protein**

- Meanwhile, thinly slice **green onions**.
- Cut **cauliflower** into bite-sized pieces.
- Add **pork**, **breadcrumbs**, **half the green onions** and **cheddar cheese** to a large bowl. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then combine.
- Roll mixture into **8 equal-sized meatballs** (16 meatballs for 4 ppl).

3



### Bake meatballs

- Arrange **meatballs** on another parchment-lined baking sheet.
- Bake in the middle of the oven, until golden-brown and cooked through, 12-14 min. \*\*

4



### Saute cauliflower

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **cauliflower** and **1 tbsp** (2 tbsp) **water**. Cook, stirring occasionally, until softened, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat and cover to keep warm.

5



### Make sauce

- Add **blueberry jam** and **1 tbsp** (2 tbsp) **water** to a small pot.
- Heat over medium heat.
- Cook, whisking constantly, until **blueberry jam** is smooth and warmed through, 30 sec.
- Reduce heat to medium-low.
- Add **half the BBQ sauce** to the pot (use all for 4 ppl). Cook, whisking occasionally, until well-combined and warmed through, 1 min.
- Remove the pan from heat.

6



### Finish and serve

- Divide **potatoes**, **cauliflower** and **meatballs** between plates.
- Sprinkle **remaining green onions** over **cauliflower**.
- Spoon **blueberry-BBQ sauce** over **meatballs**.

Measurements  
within steps

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

## 2 | Prep and make meatballs

🔄 **Swap** | **Mild Italian Sausage**

If you've opted to get **Italian sausage**, prep and cook it in the same way the recipe instructs you to prep and cook the **ground pork**. \*\*

## 2 | Prep and make meatballs

🔄 **Swap** | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **pork**. \*\*

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