

HELLO Honey Pork Meatballs With Dried Craphornies and Craphus

with Dried Cranberries and Creamy Smashed Potatoes

Family Friendly 25-35 Minutes







Customized Protein Add





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 🦫

Ground Protein 250 g | 500 g | 250 g | 500 g | 500 g | 1000 g







Ground Pork 250 g | 500 g

Yellow Potato 350 g | 700 g



Carrot



1 | 2

1 | 2



Dried Cranberries



28 g | 56 g









1 tbsp | 2 tbsp

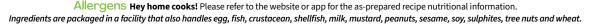
Breadcrumbs 4 tbsp | 8 tbsp





56 ml | 113 ml

Chicken Broth Concentrate 1 | 2



Cooking utensils | Baking sheet, colander, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, parchment paper, potato masher, vegetable peeler, whisk



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut potatoes into 1-inch pieces.
- Add potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) 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 **potatoes** are fork-tender, 10-12 min.



Prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into ¼-inch half-moons.
- Halve zucchini lengthwise, then cut into ½-inch half-moons.
- Finely chop dried cranberries.
- · Line a baking sheet with parchment paper.



Form and roast meatballs

O Swap | Ground Beef

O Swap | Ground Protein

😢 Double | Ground Pork

- Add pork, breadcrumbs and ¼ tsp (½ tsp) salt to a large bowl. (TIP: If you prefer a more tender meatball, add an egg to mixture!)
- · Season with **pepper**, then combine.
- Roll mixture into 12 equal-sized meatballs (24 meatballs for 4 ppl), then transfer to the prepared baking sheet.
- Roast in the middle of the oven until cooked through, 10-12 min.**



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp)
 butter, then swirl until melted, 30 sec.
- Add carrots and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until starting to soften, 2-3 min.
- Add zucchini. Cook, stirring occasionally, until veggies are tender-crisp and water is absorbed, 4-5 min.
- Season with salt and pepper.
- Remove from heat. Transfer veggies to a plate, then cover to keep warm.



Make sauce

- Add 1/3 cup (1/2 cup) water, broth concentrate, honey and Dijon to the same pan. Season with pepper, then whisk to combine.
- Add dried cranberries. Bring to a simmer over medium.
- Once simmering, cook, stirring often, until sauce is smooth and thickens slightly, 2-3 min.
- When meatballs are done, add to the pan with sauce. Toss to coat.

Finish and serve

- When potatoes are fork-tender, drain and return to the same pot, off heat.
- Mash cream and 1 tbsp (2 tbsp) butter into potatoes until slightly mashed. Season with salt and pepper.
- Divide **smashed potatoes** and **veggies** between plates.
- Top potatoes with meatballs and any remaining sauce from the pan.

3 | Form and roast meatballs

1 tbsp

2 person

(2 tbsp)

4 person

oil

Ingredient

O Swap | Ground Beef

Measurements

within steps

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

3 | Form and roast plant-based ground protein meatballs

Swap | 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**. Disregard tip to add an **egg** to the **mixture**.**

3 | Form and roast meatballs

😡 Double | Ground Pork

If you've opted for **double pork**, add an extra **1/4 tsp** (½ tsp) **salt** to the **pork mixture**. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Roll **mixture** into **24** (48) **equal-sized meatballs**.