









# Honey Pork Meatballs

## with Dried Cranberries and Creamy Smashed Potatoes











Family Friendly 25-35 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g   500 g	Plant-Based Ground Protein 250 g   500 g	Ground Pork 500 g   1000 g

 Customized Protein  Add  Swap or  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)



	
Ground Pork 250 g   500 g	Yellow Potato 350 g   700 g
	
Carrot 1   2	Zucchini 1   2
	
Dried Cranberries 28 g   56 g	Honey 2   4
	
Dijon Mustard 1 tbsp   2 tbsp	Italian Breadcrumbs 4 tbsp   8 tbsp
	
Cream 56 ml   113 ml	Chicken Broth Concentrate 1   2

**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, salt, pepper

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

1



### 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.

4



### 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.

2



### 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.

5



### Make sauce

- Add ⅓ **cup** (½ 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.

3



### Form and roast meatballs

🔄 Swap | **Ground Beef**

🔄 Swap | **Ground Protein**

✖2 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.\*\*

6



### 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.

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**, 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

✖2 Double | **Ground Pork**

If you've opted for **double pork**, add an extra ¼ **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**.

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