



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)



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Pork
250 g | 500 g

Cheddar Cheese, shredded
¼ cup | ½ cup



Italian Breadcrumbs
2 tbsp | 4 tbsp

Garlic Salt
½ tsp | 1 tsp



Blueberry Jam
1 | 2

BBQ Sauce
2 tbsp | 4 tbsp



Sweet Potato
1 | 2

Green Beans
170 g | 340 g



Green Onion
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.

Pantry items | Oil, pepper, butter, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, parchment paper, small pot, whisk

1



Roast sweet potatoes

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

- Cut **sweet potatoes** into ¼-inch rounds.
- Add **sweet 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 | **Ground Beef**

Swap | **Beyond Meat®**

- Meanwhile, thinly slice the **green onions**.
- Add **pork**, **breadcrumbs**, **cheddar cheese** and **half the green onions** 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



Roast meatballs

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

4



Saute green beans

- Meanwhile, heat a large non-stick pan over medium-high.
- Trim **green beans**.
- When hot, add **green beans** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates and **beans** are tender, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining green onions**. Cook, stirring often, until **butter** coats **green beans** and **green onions** are tender, 1 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 **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 **sweet potatoes**, **green beans** and **meatballs** between plates.
- 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 | **Ground Beef**

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

2 | Prep and make meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **pork**. **

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