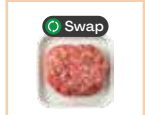




BBQ Pork and Apple Meatballs

with Creamy Mashed 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](https://www.hellofresh.ca)



Ground Pork
250 g | 500 g



Russet Potato
2 | 4



Italian Breadcrumbs
1/4 cup | 1/2 cup



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

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, sugar, oil, salt, pepper

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

1



Prep

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

- Peel, then cut **potatoes** into 1-inch pieces.
- Core **apple**. Coarsely grate **half the apple**. Thinly slice **remaining apple**.
- Halve **tomatoes**.

2



Cook potatoes

- Add **potatoes**, **2 tsp salt** and **enough water** to cover (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-high. Simmer uncovered until fork-tender, 10-12 min.

3



Form and roast meatballs

Swap | **Ground Beef**

- Add **pork**, **breadcrumbs**, **grated apple**, **BBQ Seasoning** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **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 potatoes

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

5



Make salad

- Whisk together **vinegar**, $\frac{1}{2}$ **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 $\frac{1}{2}$ **tbsp** (1 **tbsp**) **water** to another large bowl, then toss to coat.
- Divide **mashed 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 beef 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****

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



Issue with your meal? Scan the QR code to share your feedback.