



Bison Meatballs and Apple-Apricot Chutney with Bacon Smashed Potatoes

Discovery Special 40 Minutes



Lean Ground Bison



Panko Breadcrumbs



Red Onion, chopped



Gala Apple



White Wine Vinegar



Red Potato



Baby Spinach



Dijon Mustard



Apricot Spread



Maple Syrup



Bacon Strips



Cream

HELLO BISON

Though similar in taste, this flavourful cut of meat is leaner than beef!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, box grater, 2 large bowls, parchment paper, small pot, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Lean Ground Bison	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Red Onion, chopped	56 g	113 g
Gala Apple	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Red Potato	480 g	960 g
Baby Spinach	113 g	227 g
Dijon Mustard	1 tbsp	2 tbsp
Apricot Spread	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Bacon Strips	100 g	200 g
Cream	56 ml	113 ml
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook bison and bacon to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively.

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.

Contact

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Bake bacon

- Arrange **bacon** in a single layer on a parchment-lined baking sheet.
- Bake in the **top** of the oven until golden-brown and crispy, 10-12 min.**
- Carefully transfer **bacon** to a paper-towel lined cutting board.



Form and bake meatballs

- Meanwhile, add **bison, panko, half the Dijon, ¼ tsp salt** and **2 tbsp water** (dbl both for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on another parchment-lined baking sheet.
- Bake in the **top** of the oven until golden and cooked through, 8-10 min.**



Cook potatoes

- Meanwhile, 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 fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Roughly mash **2 tbsp butter** (dbl for 4 ppl) and **cream** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.



Make vinaigrette

- Meanwhile, cut **bacon** into ¼-inch pieces.
- Whisk together **remaining Dijon, remaining vinegar, remaining maple syrup** and **1 ½ tsp oil** (dbl for 4 ppl) in another large bowl.
- Add **half the bacon**. Season with **salt** and **pepper**, to taste, then stir to combine.



Make apple-apricot chutney

- Meanwhile, core, then peel **apple**. Thinly slice half, then grate **remaining apple**.
- Heat a small pot over medium heat.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 2-3 min.
- Stir in **grated apples, apricot spread, half the vinegar, half the maple syrup, ⅛ tsp salt** and **2 tbsp water** (dbl for 4 ppl).
- Bring to a simmer over high.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **apples** are tender and **chutney** is almost jammy, 10-12 min. (**NOTE:** If chutney gets too dry, add ½ tsp water at a time until desired consistency is reached.)



Finish and serve

- Stir **remaining bacon** into **smashed potatoes**.
- Add **spinach** and **sliced apples** to the large bowl with **vinaigrette**, then toss to combine.
- Divide **smashed potatoes, meatballs** and **salad** between plates.
- Spoon **apple-apricot chutney** over **meatballs**.

Dinner Solved!