



# Cal Smart Fig-Glazed Pork Meatballs

with Brussels Sprouts and Garlic Sauce

Calorie Smart 30 Minutes



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**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

- Ground Pork
- Double Ground Pork
- Couscous
- Brussels Sprouts
- Garlic, cloves
- Parsley
- Dried Cranberries
- Italian Breadcrumbs
- Mayonnaise
- Tahini
- Fig Spread
- Turkish Spice Blend
- Chicken Broth Concentrate

HELLO FIG SPREAD

Sweet, sticky and perfect for dressings or glazes!

## Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

2 Baking sheets, medium bowl, measuring spoons, medium pot, large bowl, parchment paper, small bowl, measuring cups, aluminum foil

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Double Ground Pork	500 g	1000 g
Couscous	½ cup	1 cup
Brussels Sprouts	170 g	340 g
Garlic, cloves	2	4
Parsley	7 g	14 g
Dried Cranberries	¼ cup	¼ cup
Italian Breadcrumbs	2 tbsp	4 tbsp
Mayonnaise	1 tbsp	2 tbsp
Tahini	1 tbsp	2 tbsp
Fig Spread	1 tbsp	2 tbsp
Turkish Spice Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Salt and Pepper*		

\* Pantry items

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

## 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.



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### Prep and roast Brussels sprouts

- Peel, then mince or grate **garlic**.
- Finely chop **parsley**.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts** and **2 tbsp** (4 tbsp) **water** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Wrap the baking sheet tightly with aluminum foil, then roast in the **top** of the oven until tender, 16-20 min.



### Make garlic sauce

- Meanwhile, add **half the mayo** (use all for 4 ppl), **half the tahini** (use all for 4 ppl), **half the parsley** and **remaining garlic** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



### Form and roast meatballs

- Meanwhile, line a baking sheet with parchment paper.
- Add **pork**, **breadcrumbs**, **half the garlic**, **half the Turkish Spice Blend** and **½ tsp** (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.\*\*

If you've opted for **double pork**, add an extra **¼ tsp** (½ tsp) **salt** to the **mixture**. Roll into 16 equal-sized meatballs (32 meatballs for 4 ppl).



### Finish couscous

- Fluff **couscous** with a fork, then stir in **Brussels sprouts**.



### Cook couscous

- Meanwhile, add **remaining Turkish Spice Blend**, **¾ cup** (1 ⅓ cups) **water**, **⅛ tsp** (¼ tsp) **salt** and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. (**TIP:** For a more flavourful couscous, add 1 tbsp [2 tbsp] butter!)
- Once boiling, remove the pot from heat, then add **couscous** and **half the dried cranberries** (use all for 4 ppl). Stir to combine.
- Cover and let stand until **Brussels sprouts** are done.



### Finish and serve

- Combine **half the fig spread** (use all for 4 ppl) and **½ tsp** (1 tbsp) **water** in a medium bowl. Add **meatballs**, then toss to coat.
- Divide **couscous** and **meatballs** between plates.
- Drizzle **garlic sauce** over **meatballs**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!