



Cal Smart Fig-Glazed Pork Meatballs

with Brussels Sprouts and Garlic Sauce

Calorie Smart

30 Minutes



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



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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.

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Ground Pork | 250 g | 500 g |
| Couscous | ½ cup | 1 cup |
| Brussels Sprouts | 170 g | 340 g |
| Garlic, cloves | 2 | 4 |
| Parsley | 7 g | 14 g |
| Dried Cranberries | ½ 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.

Contact

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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 **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- 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 salt** (dbl 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 the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Finish couscous

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



Cook couscous

- Meanwhile, add **remaining Turkish Spice Blend**, **⅔ cup water**, **⅛ tsp salt** (dbl both for 4 ppl) 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 butter** [dbl for 4 ppl]!)
- 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 **fig spread** and **½ tbsp water** (dbl for 4 ppl) 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!