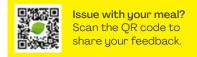


# Cal Smart Fig-Glazed Pork Meatballs

with Brussels Sprouts and Garlic Sauce

Calorie Smart

30 Minutes













Brussels Sprouts Garlic, cloves





Parsley

**Dried Cranberries** 





Italian Breadcrumbs

Mayonnaise





Tahini

Fig Spread





Turkish Spice Blend

Concentrate



# Start here

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

Measurements 1 tbsp (2 tbsp) within steps

oil

#### **Bust out**

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

# Ingredients

ingi calcile		
	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	⅓ cup	⅓ 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.



## 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.



#### Form and roast meatballs

- · Meanwhile, line a baking sheet with parchment paper.
- Add pork, breadcrumbs, half the garlic, half the Turkish Spice Blend and 1/8 tsp (1/2 tsp) salt to a large bowl. Season with **pepper**, then combine.
- Roll mixture into 8 equal-sized meatballs (16 meatballs 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.\*\*



### Cook couscous

- Meanwhile, add remaining Turkish Spice Blend,  $\frac{1}{3}$  cup (1  $\frac{1}{3}$  cups) water,  $\frac{1}{8}$  tsp ( $\frac{1}{4}$  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.



# 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.

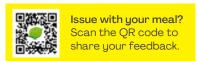


• Fluff couscous with a fork, then stir in Brussels sprouts.



## Finish and serve

- Combine half the fig spread (use all for 4 ppl) and ½ tbsp (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!**