



Cal Smart Fig-Glazed Pork Meatballs

with Brussels Sprouts and Garlic Sauce

Calorie Smart 30 Minutes



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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
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.



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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 **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** (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 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!