



# Honey-Glazed Pork Meatballs

with Dried Cranberries and Creamy Smashed Potatoes

Family Friendly 35 Minutes



Ground Pork



Yellow Potato



Carrot



Green Peas



Dried Cranberries



Honey



Dijon Mustard



Italian Breadcrumbs



Cream



Chicken Broth Concentrate

HELLO HONEY

*A naturally sweet ingredient that's a great sugar alternative!*

## Start here

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

## Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Yellow Potato	360 g	720 g
Carrot	170 g	340 g
Green Peas	56 g	113 g
Dried Cranberries	¼ cup	½ cup
Honey	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a min. internal temp. 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Cook potatoes

Halve **potatoes** (if larger, quarter them). Add **potatoes, 2 tsp salt** and **enough water** to cover (approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer uncovered until **potatoes** are fork-tender, 10-12 min.



## Cook veggies

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl the pan until melted, 30 sec. Add **carrots, green peas, ¼ tsp salt** and **3 tbsp water** (dbl for 4 ppl). Stir together. Season with **pepper**. Cover and cook, stirring occasionally, until **veggies** are tender and **water** has been absorbed, 5-6 min. Remove the pan from heat. Transfer **veggies** to a plate and cover to keep warm.



## Prep

Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Finely chop **cranberries**.



## Make glaze

Add **½ cup water** (½ cup for 4 ppl), **broth concentrate, honey, Dijon** and **cranberries** to the same pan. Season with **pepper**, then stir to combine. Bring to a simmer over medium heat. Once simmering, cook, stirring often, until **glaze** thickens slightly, 2-3 min. When **meatballs** are done, add to the pan with **glaze**. Toss to coat.



## Form and cook meatballs

Meanwhile, add **pork, breadcrumbs** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **12 equal-sized meatballs** (24 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

When **potatoes** are tender, drain and return **potatoes** to the same pot. Mash **cream** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste. Divide **mash** and **veggies** between plates. Top **mash** with **meatballs** and **any remaining glaze** from the pan.

## Dinner Solved!