



# Savoury Pork Meatballs

in Dijon Gravy with Carrots and Sweet Potatoes

35 Minutes



Ground Pork



Sweet Potato



Carrot



Broccoli, florets



Garlic, cloves



Chicken Broth Concentrate



Dijon Mustard



Worcestershire Sauce



Italian Breadcrumbs



Gravy Spice Blend



Seasoned Salt

HELLO WORCESTERSHIRE SAUCE

*The secret to adding savoury oomph to meatballs!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, parchment paper, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Sweet Potato	340 g	680 g
Carrot	170 g	340 g
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Chicken Broth Concentrate	1	2
Dijon Mustard	1 tbsp	2 tbsp
Worcestershire Sauce	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Gravy Spice Blend	2 tbsp	4 tbsp
Seasoned Salt	½ tsp	1 tsp
Oil*		
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

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.



## Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **broccoli** and ¼ **cup water** (dbl for 4 ppl). Season with **remaining seasoned salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Remove the pan from heat. Transfer **broccoli** to a plate, then cover to keep warm.



## Roast carrots and sweet potatoes

- Add **carrots, sweet potatoes, 1 tsp seasoned salt** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 24-26 min.



## Make sauce and coat meatballs

- When **meatballs** are almost done, reheat the same pan over medium. When hot add **1 tbsp butter** (dbl for 4 ppl), then **Gravy Spice Blend** and **remaining garlic**. Stir to combine.
- While whisking, gradually add **1 cup water** (1 ½ cups for 4 ppl), **Dijon** and **broth concentrate**. Whisk until smooth. Bring to a gentle boil.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- When **meatballs** are done, add to the pan, then toss to coat. Remove from heat.



## Form and roast meatballs

- Meanwhile, add **pork, breadcrumbs, Worcestershire** and ⅛ **tsp salt** (dbl for 4 ppl) to a medium bowl. (**TIP:** If you prefer a more meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Roll **mixture** into **12 equal-sized meatballs** (24 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

- Divide **meatballs, broccoli, sweet potatoes** and **carrots** between plates.
- Spoon **any remaining sauce** from the pan over **meatballs**.

## Dinner Solved!