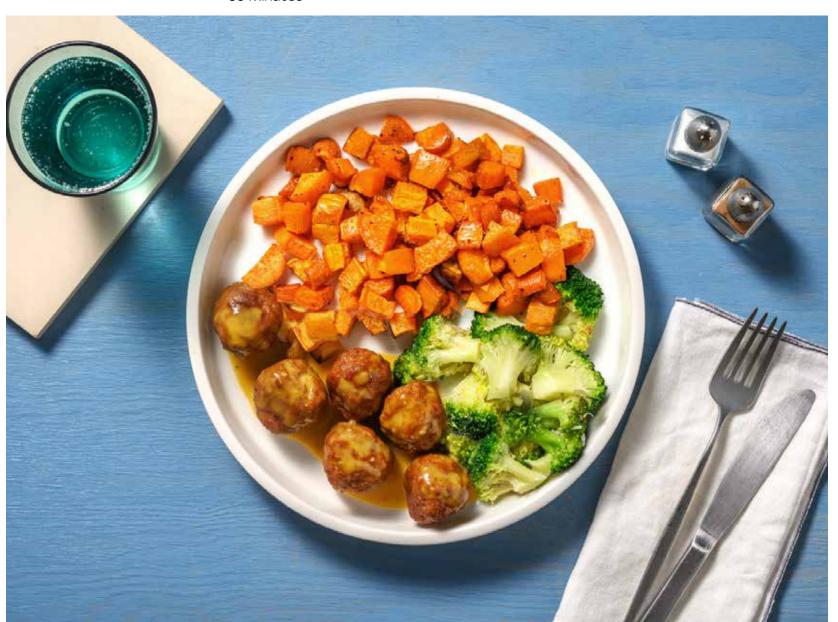


Savoury Pork Meatballs

in Dijon Gravy with Carrots and Sweet Potatoes

35 Minutes







Ground Pork







Broccoli, florets

Carrot





Chicken Broth

Garlic, cloves



Dijon Mustard



Sauce



Italian Breadcrumbs



Gravy Spice Blend



Seasoned Salt

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

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	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	⅓ cup	½ cup
Gravy Spice Blend	2 tbsp	4 tbsp
Seasoned Salt	½ tbsp	1 tbsp
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.

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Prep

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **sweet potatoes** into $\frac{1}{2}$ -inch pieces.
- Cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate garlic.



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.



Form and roast meatballs

- Meanwhile, add pork, breadcrumbs, Worcestershire and 1/8 tsp salt (dbl for 4ppl) 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.**



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.



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.



Finish and serve

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

Dinner Solved!