

HELLO Honey Pork Meatballs With Dried Craphornies and Craphus

with Dried Cranberries and Creamy Smashed Potatoes

Family Friendly 35 - 45 Minutes











If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫











Ground Pork 250 g | 500 g

Russet Potato 2 4





1 | 2

1 | 2









28 g | 56 g







1 tbsp | 2 tbsp

Breadcrumbs 4 tbsp | 8 tbsp



56 ml | 113 ml



Chicken Broth Concentrate 1 2

Allengens 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. Cooking utensils | Baking sheet, colander, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, parchment paper, potato masher, vegetable peeler, whisk



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut potatoes into 1-inch pieces.
- Add potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- · Once boiling, reduce heat to medium.
- Simmer uncovered until **potatoes** are forktender, 10-12 min.



Prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into ¼-inch half-moons.
- Halve zucchini lengthwise, then cut into ½-inch half-moons.
- Finely chop dried cranberries.



Form and roast meatballs

🗘 Swap | Ground Beef

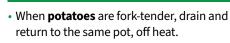
🗘 Swap | Ground Turkey

- Line a baking sheet with parchment paper.
- Add pork, breadcrumbs and ¼ tsp (½ tsp) salt to a large bowl. (TIP: If you prefer a more tender meatball, add an egg to mixture.)
- Season with **pepper**, then combine.
- Roll mixture into 12 equal-sized meatballs (24 meatballs for 4 ppl), then transfer to the prepared baking sheet.
- Roast in the middle of the oven until cooked through, 10-12 min.**

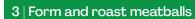


Make sauce

- Add 1/3 cup (1/2 cup) water, broth concentrate, honey and Dijon to the same pan. Season with pepper, then whisk to combine.
- Add dried cranberries. Bring to a simmer over medium.
- Once simmering, cook, stirring often, until sauce is smooth and thickens slightly,
 2-3 min.
- When meatballs are done, add to the pan with sauce. Toss to coat.



- Mash cream and 1 tbsp (2 tbsp) butter into potatoes until slightly mashed. Season with salt and pepper.
- Divide **smashed potatoes** and **veggies** between plates.
- Top potatoes with meatballs and any remaining sauce from the pan.



1 tbsp

2 person

(2 tbsp)

4 person

oil

O Swap | Ground Beef

Measurements

within steps

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**.**

3 | Form and roast meatballs

🚺 Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **pork**.** Disregard tip to add egg to the mixture.



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp)
 butter, then swirl until melted, 30 sec.
- Add carrots and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until starting to soften, 2-3 min.
- Add zucchini. Cook, stirring occasionally, until veggies are tender-crisp and water is absorbed, 4-5 min.
- Season with salt and pepper.
- Remove from heat. Transfer veggies to a plate, then cover to keep warm.
- ** Cook to a minimum internal temperature of 74°C/165°F.