



# BBQ Pork and Apple Meatballs















## with Creamy Mashed Potatoes and Side Salad

Family Friendly 30-40 Minutes

Customized Protein + Add ↻ Swap or \*2 Double

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](http://www.hellofresh.ca)



- |   |  |
|---|--|
| <br>Ground Turkey<br>250 g   500 g         | <br>Ground Beef<br>250 g   500 g            |
| <br>Ground Pork<br>250 g   500 g           | <br>Russet Potato<br>2   4                  |
| <br>Italian Breadcrumbs<br>4 tbsp   8 tbsp | <br>Baby Tomatoes<br>113 g   227 g          |
| <br>Baby Spinach<br>56 g   113 g           | <br>Gala Apple<br>1   2                     |
| <br>Cream<br>56 ml   113 ml               | <br>Cream Cheese<br>1   2                  |
| <br>Crispy Shallots<br>28 g   56 g       | <br>BBQ Sauce<br>4 tbsp   8 tbsp          |
| <br>BBQ Seasoning<br>1 tbsp   2 tbsp     | <br>White Wine Vinegar<br>1 tbsp   2 tbsp |

**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.

**Pantry items** | Salt, pepper, sugar, unsalted butter, oil

**Cooking utensils** | Aluminum foil, baking sheet, box grater, colander, 2 large bowls, large pot, measuring spoons, medium bowl, potato masher, small bowl, vegetable peeler, whisk

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## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **potatoes** into 1-inch pieces.
- Core **apple**. Coarsely grate **half the apple**. Thinly slice **remaining apple**.
- Halve **tomatoes**.

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## Cook potatoes

- 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 heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.

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## Form and roast meatballs

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Ground Beef**

- Add **pork, breadcrumbs, grated apple, BBQ Seasoning** and **¼ tsp (½ tsp) salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **12 equal-sized meatballs** (24 meatballs for 4 ppl).
- Arrange on a foil-lined baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 12-14 min.\*\*

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## Mash potatoes

- When **potatoes** are fork-tender, drain and return to the same pot, off heat.
- Mash **cream, cream cheese** and **1 tbsp (2 tbsp) butter** into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste, then stir to combine.

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## Make salad

- Whisk together **vinegar, ½ tsp (1 tsp) sugar** and **1 tbsp (2 tbsp) oil** in a medium bowl.
- Add **tomatoes, apple slices** and **spinach**.
- Season with **salt** and **pepper**, then toss to combine.

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## Finish and serve

- When **meatballs** are done, melt **1 tbsp (2 tbsp) butter** in a small microwavable bowl, 30 sec.
- Add **meatballs, BBQ sauce, melted butter** and **½ tbsp (1 tbsp) water** to another large bowl, then toss to coat.
- Divide **mashed potatoes** between plates, then top with **meatballs** and **any remaining sauce** from the large bowl.
- Sprinkle **crispy shallots** over top.
- Serve **salad** alongside.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 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**\*\*

## 3 | Form and roast meatballs

🔄 Swap | **Ground Beef**

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

\*\* Cook to a minimum internal temperature of 74°C/165°F.