

Smart Cheddar and Pork Meatballs

with Blueberry-BBQ Sauce and Roasted Veggies

Smart Meal

30 Minutes





Mild Italian Sausage 250 g | 500 g

Ground Protein 250 g | 500 g



Ground Pork



250 g | 500 g





Green Onion



Breadcrumbs

2 | 4





Garlic Salt 1tsp 2tsp





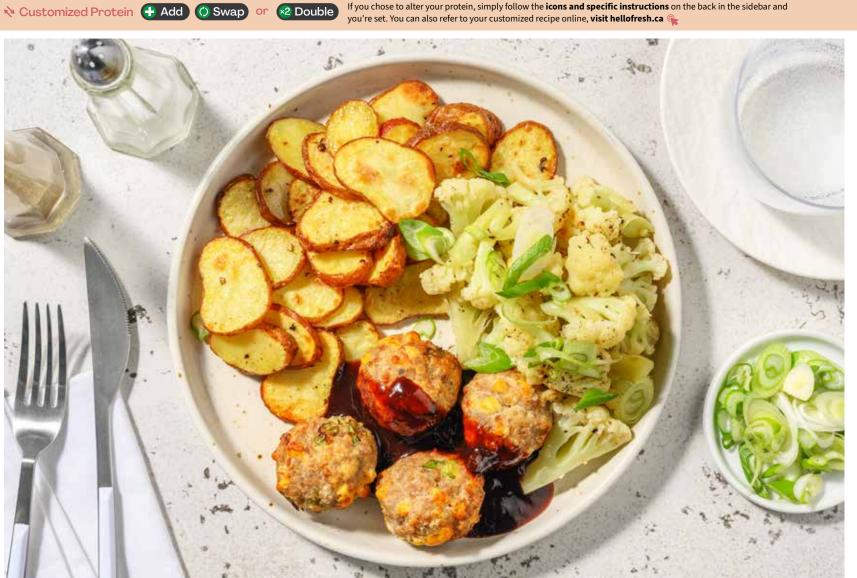
BBQ Sauce 2 tbsp | 4 tbsp



Red Potato 200 g | 400 g



Cauliflower 285 g | 570 g



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 | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, parchment paper, small pot, whisk



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ¼-inch rounds.
- Add potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with ¼ tsp (½ tsp) garlic salt and pepper, then toss to coat.
- Roast in the bottom of the oven, flipping halfway through, until tender and goldenbrown, 20-23 min.



Prep and make meatballs

🔘 Swap | Mild Italian Sausage

🔘 Swap | Plant-Based Ground Protein

- Meanwhile, thinly slice green onions.
- Cut **cauliflower** into bite-sized pieces.
- Add pork, breadcrumbs, half the green onions and cheddar cheese to a large bowl.
 Season with ¼ tsp (½ tsp) garlic salt and pepper, then combine.
- Roll mixture into **8 equal-sized meatballs** (16 meatballs for 4 ppl).



Bake meatballs

- Arrange **meatballs** on another parchmentlined baking sheet.
- Bake in the middle of the oven, until goldenbrown and cooked through, 12-14 min.**

2 | Prep and make meatballs

Measurements

within steps

ground pork.*

O Swap | Plant-Based Ground Protein

1 tbsp

2 person

2 | Prep and make meatballs

Swap | Mild Italian Sausage

If you've opted to get Italian sausage,
prep and cook it in the same way the
recipe instructs you to prep and cook the

4 person

oil

Ingredient

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **pork**.**



Saute cauliflower

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add 2 tbsp (4 tbsp) butter, then cauliflower and 1 tbsp (2 tbsp) water. Cook, stirring occasionally, until softened, 4-5 min.
- · Season with salt and pepper.
- Remove from heat and cover to keep warm.



Make sauce

- Add blueberry jam and 1 tbsp (2 tbsp) water to a small pot.
- · Heat over medium heat.
- Cook, whisking constantly, until blueberry jam is smooth and warmed through, 30 sec.
- Reduce heat to medium-low.
- Add half the BBQ sauce to the pot (use all for 4 ppl). Cook, whisking occasionally, until well-combined and warmed through, 1 min.
- Remove the pan from heat.



Finish and serve

- Divide potatoes, cauliflower and meatballs between plates.
- Sprinkle remaining green onions over cauliflower.
- Spoon blueberry-BBQ sauce over meatballs.