

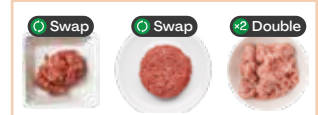


# Carb Smart Pork and Spinach Meatballs

with Red Pepper Pesto, Roasted Veggies and Garlic Toast

Smart Meal

25 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://hellofresh.ca)

Ground Turkey 250 g | 500 g Beyond Meat® 2 | 4 Ground Pork 500 g | 1000 g



- Ground Pork 250 g | 500 g
- Roasted Pepper Pesto ½ cup | 1 cup
- Italian Breadcrumbs 2 tbsp | 4 tbsp
- Feta Cheese, crumbled ¼ cup | ½ cup
- Zucchini 1 | 2
- Baby Spinach 56 g | 113 g
- Ciabatta Roll 1 | 2
- Baby Tomatoes 113 g | 227 g
- Garlic Salt 1 tsp | 2 tsp

**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 | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, parchment paper

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Prick **tomatoes** with a fork.
- Roughly chop **spinach**, then finely chop only **1 tbsp** (2 tbsp).
- Cut **zucchini** into ¼-inch quarter-moons.
- Halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up.
- Spread **2 tbsp** (4 tbsp) **butter** on rolls. Season with ¼ **tsp** (½ tsp) **garlic salt** and **pepper**. Set aside.

4



## Cook veggies

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini** and **baby tomatoes**. Cook, stirring occasionally, until **tomatoes** are blistered and **zucchini** is tender, 4-5 min. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Season with **salt** and **pepper**.

2



## Make meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

\*2 Double | **Ground Pork**

- Add **pork**, finely chopped **spinach**, **Italian breadcrumbs** and ½ **tsp** (1 tsp) **garlic salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8** (16) **equal-sized meatballs**.

5



## Make sauce

- Add **red pepper pesto**, ¼ **cup** (½ cup) **water** and **roughly chopped spinach**. Cook, stirring often, until **spinach** is wilted, 1-2 min.
- Remove the pan from heat.

3



## Cook meatballs

- Arrange **meatballs** on parchment-lined baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 12-14 min. \*\*

6



## Finish and serve

- Toast **rolls** in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep an eye on buns so they don't burn.)
- Add **meatballs** to the pan with **sauce**, then toss to combine.
- Cut **ciabatta** into points.
- Divide **veggies**, **meatballs** and **ciabatta** between plates.
- Sprinkle **feta** over top.

Measurements  
within steps

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

## 2 | Make meatballs

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **pork**. \*\*

## 2 | Make Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **pork**. \*\*

## 2 | Make meatballs

\*2 Double | **Ground Pork**

If you've opted for **double pork**, add an extra ¼ **tsp** (½ tsp) **salt** to the **pork mixture**. Roll **mixture** into **16** (32) **equal-sized meatballs**.

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