



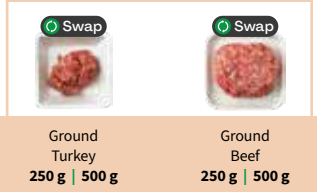
Smart Cheddar and Pork Meatballs

with Blueberry BBQ Sauce and Roasted Veggies

Smart Meal 30 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)



Ground Turkey
250 g | 500 g

Ground Beef
250 g | 500 g



Ground Pork
250 g | 500 g



Cheddar Cheese, shredded
¼ cup | ½ cup



Italian Breadcrumbs
2 tbsp | 4 tbsp



Garlic Salt
½ tsp | 1 tsp



Blueberry Jam
1 | 2



BBQ Sauce
2 tbsp | 4 tbsp



Yellow Potato
200 g | 400 g



Green Beans
170 g | 340 g



Green Onion
2 | 4

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 | Oil, pepper, butter, salt

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

1



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 golden-brown, 23-25 min.

2



Prep and make meatballs

Swap | Ground Turkey

Swap | Ground Beef

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

3



Roast meatballs

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

4



Sauté green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Trim **green beans**.
- When the pan is hot, add **green beans** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until **water** evaporates and **beans** are tender, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining green onions**. Cook, stirring often, until **greens** are coated and tender, 1 min. Season with **salt** and **pepper**.
- Remove from heat and cover to keep warm.

5



Make sauce

- Add **blueberry jam** and **1 tbsp** (2 tbsp) **water** to a small pot.
- Cook over medium heat, whisking constantly, until **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.

6



Finish and serve

- Divide **potatoes**, **green beans** and **meatballs** between plates.
- Spoon **blueberry-BBQ sauce** over **meatballs**.

Measurements
within steps

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

2 | Prep and 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 | Prep and make meatballs

Swap | Ground Beef

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

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