



Honey Pork Meatballs

with Dried Cranberries and Creamy Smashed Potatoes

Family Friendly 35 - 45 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)



↻ Swap	↻ Swap
Ground Turkey 250g 500g	Beyond Meat® 2 4

Ground Pork 250g 500g	Yellow Potato 350g 700g

Carrot 1 2	Zucchini 1 2

Dried Cranberries 28g 56g	Honey 2 4

Dijon Mustard 1 tbsp 2 tbsp	Italian Breadcrumbs 4 tbsp 8 tbsp

Cream 56 ml 113 ml	Chicken Broth Concentrate 1 2

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, salt, pepper

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

1



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 fork-tender, 10-12 min.

4



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.

2



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**.

5



Make sauce

- Add ⅓ **cup** (½ 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.

3



Form and roast meatballs

Swap | [Ground Turkey](#)

Swap | [Beyond Meat®](#)

- 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 (24) equal-sized meatballs**, then transfer to the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

6



Finish and serve

- When **potatoes** are fork-tender, drain and return to the same pot, off heat.
- 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.

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**, prep and cook it in the same way the recipe instructs you to prep and cook the **pork**.**

3 | Form and roast 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**.** Disregard tip to add an egg to mixture.

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