





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

↻ Swap 	↻ Swap 
Ground Beef 250 g 500 g	Plant-Based Ground Protein 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
	
Sweet Potato 1 2	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 sweet potatoes

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

- Cut **sweet potatoes** into ¼-inch rounds.
- Add **sweet 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, 20-23 min.

2



Prep and make meatballs

Swap | Ground Beef

Swap | Plant-Based Ground Protein

- 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 **green beans** and **green onions** 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 **sweet 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 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**. **

2 | Prep and make plant-based ground protein meatballs

Swap | Plant-Based Ground Protein

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

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