

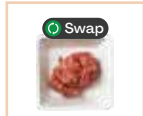


Carb Smart Italian Pork Meatball and Veggie Soup

with Fresh Corn

Smart Meal

30 Minutes



Ground Turkey
250 g | 500 g

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 Pork
250 g | 500 g
- Chicken Broth Concentrate
2 | 4
- Zucchini
1 | 2
- Red Potato
100 g | 200 g
- Crushed Tomatoes
200 ml | 400 ml
- Parsley
7 g | 14 g
- Garlic, cloves
2 | 4
- Mirepoix
113 g | 227 g
- Italian Breadcrumbs
2 tbsp | 4 tbsp
- Parmesan Cheese, shredded
½ cup | 1 cup
- Corn Kernels
113 g | 227 g

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 | Butter, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, large pot, measuring cups, measuring spoons

1



Prep

- Before starting, wash and dry all produce.

- Cut **zucchini** into ¼-inch pieces.
- Cut **potato** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Finley chop **parsley**.
- Add 2 **cups** (4 cups) **water** and **chicken broth concentrate** to a large pot.
- Bring to a boil over high heat.

2



Make meatballs

🔄 Swap | **Ground Turkey**

- While **broth** comes to a boil, add **pork**, **half the parsley**, **half the Parmesan** and **breadcrumbs** to a large bowl. Season with ¼ **tsp** (½ **tsp**) **salt** and ⅛ **tsp** (¼ **tsp**) **pepper**, then combine.
- Roll **mixture** into **8** (16) **equal-sized meatballs**.
- Heat a large non-stick pan over medium. When hot, add **meatballs** to the dry pan. Cook, turning **meatballs** often, until browned all over, 2-3 min per side. (**NOTE:** Meatballs will finish cooking in step 2.)

3



Finish meatballs and cook potatoes

- Once **broth** is boiling, add **potatoes**, **corn** and **meatballs** to **broth**. Reduce heat to medium. Simmer, stirring occasionally, until **potatoes** are tender and **meatballs** are cooked through, 10-12. **

4



Cook veggies

- Heat the same pan (used in step 2) over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan to melt.
- Add **mirepoix** and **zucchini**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **garlic**. Cook, until fragrant, 30 sec. Season with **salt** and **pepper**.

5



Finish soup

- Add **veggies** and **crushed tomatoes** to the **broth** with **meatballs**. Stir to combine, 2-3 min.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide soup between bowls.
- Sprinkle over **remaining Parmesan** and **remaining parsley**.

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**. **