

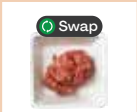


Smart Pork Meatballs in Mushroom Gravy

with Roasted Brussels Sprouts and Squash

Smart Meal

30 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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)



Ground Pork
250 g | 500 g



Mushrooms
113 g | 227 g



Chicken Broth Concentrate
1 | 2



Italian Breadcrumbs
2 tbsp | 4 tbsp



Brussels Sprouts
227 g | 454 g



Butternut Squash, cubes
340 g | 680 g



Cream
56 ml | 113 ml



Chives
7 g | 14 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Garlic, cloves
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, unsalted butter, salt, pepper

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

1



Roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce
- Smart is based on a per serving calculation of the recipe's kilocalorie and carbohydrate amount.

- Halve **Brussels sprouts** (if large, quarter them). Remove and discard any blemished leaves.
- Add **Brussels sprouts, squash, half the Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until tender, 20-22 min.

4



Cook mushrooms

- Meanwhile, heat **½ tbsp** (1 tbsp) **butter** in a large non-stick pan. When hot, add **mushrooms**. Cook, stirring occasionally, until softened, 4-5 min. Season with **salt** and **pepper**.
- Reduce heat to medium.
- Add **garlic**. Cook, stirring constantly, until fragrant, 30 sec.

2



Prep

[Swap](#) | [Ground Turkey](#)

- Meanwhile, cut **mushrooms** into ¼-inch slices.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Line another baking sheet with parchment paper.
- Add **pork, breadcrumbs, remaining Zesty Garlic Blend** and **half the chives** 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**.

3



Roast meatballs

- Arrange **meatballs** on the prepared baking sheet. Roast in the **bottom** of the oven, flipping once halfway through, until golden and cooked through, 10-14 min. ******

5



Make sauce

- Add **broth concentrate, ¼ cup** (½ cup) **water** and **cream** to the pan with **mushrooms**.
- Cook, stirring occasionally, until slightly reduced, 2-3 min.
- Remove from heat. Season with **salt** and **pepper**.

6



Finish and serve

- Divide **roasted veggies** and **meatballs** between plates.
- Add **any juices** from the baking sheet to the pan with **sauce**. Stir to combine.
- Top **meatballs** with **mushroom sauce**.
- Sprinkle with **remaining chives**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

[Swap](#) | [Ground Turkey](#)

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