



Honey Pork Meatballs

with Creamy Smashed Potatoes

Family Friendly 30-40 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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-  Ground Pork
-  Ground Turkey
-  Yellow Potato
-  Carrot
-  Zucchini
-  Cranberry Spread
-  Honey
-  Dijon Mustard
-  Italian Breadcrumbs
-  Cream
-  Chicken Broth Concentrate

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

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

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

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Turkey	250 g	500 g
Yellow Potato	350 g	700 g
Carrot	1	2
Zucchini	1	2
Cranberry Spread	2 tbsp	4 tbsp
Honey	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

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

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.

1



Cook potatoes

- 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 hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan 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 **any water** is absorbed, 4-5 min. Season with **salt** and **pepper**, to taste.
- 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.

5



Make sauce

- Add ½ **cup** (½ cup) **water**, **broth concentrate**, **honey**, **cranberry spread** and **Dijon** to the same pan. Season with **pepper**, then whisk to combine.
- 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

- 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 equal-sized meatballs** (24 meatballs for 4 ppl), then transfer to the prepared baking sheet.
- Roast **meatballs** in the **middle** of the oven, until cooked through, 10-12 min.**

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

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 creamy. Season with **salt** and **pepper**, to taste.
- Divide **smashed potatoes** and **veggies** between plates.
- Top **potatoes** with **meatballs** and **any remaining sauce** from the pan.

Dinner Solved!



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