

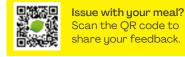
Smart Fig-Glazed Chicken Meatballs

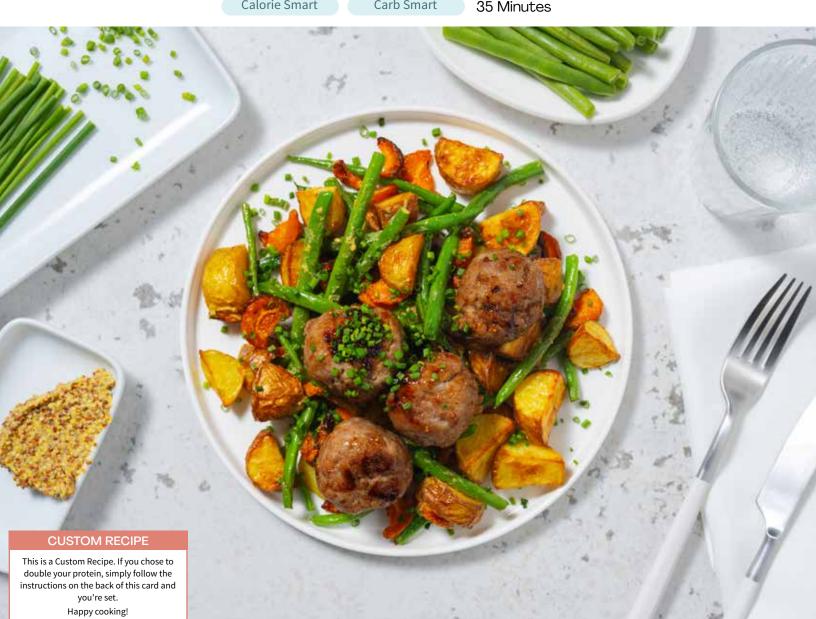
with Mustard-Tossed Roasted Veggies

Calorie Smart

Carb Smart

35 Minutes







Ground Chicken







Chicken Stock



Italian Breadcrumbs

Powder



Garlic, cloves







Green Beans

Carrot





Red Potato



Whole Grain Mustard



Chives



White Wine Vinegar

Start here

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

Measurements 1 tbsp (2 tbsp) oil synthin steps 2 person 4 person Ingredient

Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl

Ingredients

ingi edients		
	2 Person	4 Person
Ground Chicken •	250 g	500 g
Double Ground Chicken •	500 g	1000 g
Chicken Stock Powder	1 tbsp	2 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Garlic, cloves	1	2
Fig Spread	2 tbsp	4 tbsp
Carrot	170 g	340 g
Green Beans	170 g	340 g
Red Potato	150 g	300 g
Whole Grain Mustard	1 tbsp	2 tbsp
Chives	7 g	14 g
White Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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, sov. sulphites. tree nuts and wheat.





- Cut **potatoes** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise, then cut into 1/4-inch half-moons.
- Add potatoes, carrots and
- **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven until softened slightly, 12-13 min.



Finish prep

- Meanwhile, trim, then halve green beans.
- Thinly slice chives.
- Peel, then mince or grate garlic.
- Combine vinegar, half the chives, half the garlic, half the mustard and half the fig spread in a small bowl.
 (NOTE: This is your mustard dressing)
- Add chicken, stock powder, breadcrumbs, remaining garlic, remaining mustard and 1/8 tsp (1/4 tsp) salt to a medium bowl. Season with pepper, then combine.

If you've opted for **double chicken**, add an **extra** ¼ **tsp** (½ tsp) **salt** to the **chicken mixture**. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Roll into **16 equal-sized meatballs** (32 meatballs for 4 ppl).



Roast meatballs

- Roll chicken mixture into
 8 equal-sized meatballs (16 meatballs for 4 ppl).
- Transfer to a parchment-lined baking sheet.
- Roast in the top of the oven, flipping halfway through, until cooked through, 10-12 min.**



Roast green beans

- After potatoes and carrots have roasted for 12-13 min, carefully remove the baking sheet from the oven.
- Add green beans to the baking sheet with veggies. Season with salt and pepper, then toss to coat.
- Continue roasting, until **all veggies** are tender, 11-13 min.



Glaze meatballs

- Meanwhile, combine **remaining fig spread** and ½ **tbsp** (1 tbsp) **butter** in a large bowl.
- When done, transfer meatballs and any juices to the bowl. Gently toss, until butter melts and fig glaze coats meatballs.
 (TIP: If glaze is too thick, add 1-2 tsp water to loosen.)



Finish and serve

- When veggies are done, add
 tbsp (1 tbsp) butter, then drizzle
 mustard dressing over baking sheet. Toss, until butter melts and veggies are coated.
- Divide **roasted veggies** and **fig-glazed meatballs** between plates.
- Sprinkle **remaining chives** over plates.

Dinner Solved!