

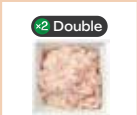


# Smart Fig-Glazed Chicken Meatballs

## with Mustard-Tossed Roasted Veggies

Steak Night

30 Minutes



Ground Chicken\*  
500 g | 1000 g

↔ Custom Recipe + 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)



- Ground Chicken\*  
250 g | 500 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  
1 Unit | 2 Unit
- Green Beans  
170 g | 340 g
- Red Potato  
150 g | 300 g
- Whole Grain Mustard  
1 tbsp | 2 tbsp
- Chives  
7 g | 7 g
- White Wine Vinegar  
1 tbsp | 2 tbsp
- Oil\*  
1 tbsp | 2 tbsp

**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 | Baking sheet, medium bowl, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl

1



## Prep and roast potatoes and carrots

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise, then cut into ¼-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.

4



## 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.

2



## Finish prep

- \*2 Double | **Double Chicken**
- 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 **½ tsp** (¼ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.

5



## 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.)

3



## 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.\*\*

6



## Finish and serve

- When **veggies** are done, add **½ 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.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Finish prep

\*2 Double | **Ground Chicken**

If you've opted for **double chicken**, add an extra **1/4 tsp** (1/2 tsp) **salt** to the **chicken mixture**. (**TIP:** For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!)



Issue with your meal? Scan the QR code to share your feedback.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.