



# Pork Meatballs in Creamy Chive Sauce with Chips and Green Beans

Family 35-40 Minutes • 1 of your 5 a day

3



Potatoes



Garlic Clove



Breadcrumbs



Pork Mince



Green Beans



Chives



Creme Fraiche



Chicken Stock  
Paste

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, bowl, saucepan, sieve, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	2	4
Breadcrumbs <b>13)</b>	10g	20g	25g
Pork Mince**	240g	360g	480g
Green Beans**	150g	200g	300g
Chives**	1 bunch	1 bunch	1 bunch
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2864 / 684	555 / 133
Fat (g)	39.1	7.6
Sat. Fat (g)	17.3	3.4
Carbohydrate (g)	55.4	10.7
Sugars (g)	6.3	1.2
Protein (g)	31.6	6.1
Salt (g)	2.04	0.39

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.


## Contact

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## Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 25-30 mins. Turn halfway through.

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## Bring on the Beans

When 10 mins of baking time remain, bring a saucepan of **water** with ¼ **tsp salt** to the boil.

When boiling, add the **green beans** and cook until tender, 3-5 mins. Once cooked, drain in a sieve and pop back into the pan, off the heat.

Season with **salt** and **pepper**, add a knob of **butter** (if you have any), then cover with a lid or foil to keep warm. Set aside.

2



## Make your Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince** and **half the garlic**. Season with **pepper** and mix together with your hands.

Roll the **mince** into even-sized balls, 5 per person. Pop your **meatballs** onto another baking tray.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

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## Creamy Chive Sauce Time

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the remaining **garlic** and cook for 30 secs.

Stir in the **creme fraiche**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then remove from the heat and stir in **three quarters** of the **chives**.

Taste and season with **salt** and **pepper** if needed.

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## Finish the Prep

Trim the **green beans**. Roughly chop the **chives** (use scissors if easier).

When the **chips** are halfway through cooking, turn them and add the **meatballs** to the top shelf of your oven.

Bake the **meatballs** until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

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## Combine and Serve

When everything's ready, stir the **cooked meatballs** through the **creamy sauce** and warm through if necessary.

Share the **meatballs** and **sauce** between your plates. Sprinkle over the remaining **chives** for those who'd like them.

Serve with the **chips** and **green beans** alongside.

Enjoy!