



Pork Meatballs in Creamy Mustard Sauce

with Mashed Potatoes and Sugar Snap Peas

Family 30-35 Minutes • 1 of your 5 a day

10



Potatoes



Garlic Clove



Breadcrumbs



Pork Mince



Sugar Snap Peas



Creme Fraiche



Chicken Stock Paste



Wholegrain Mustard

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

Saucepan, garlic press, colander, potato masher, lid, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	3	4	5
Breadcrumbs 13)	10g	19g	25g
Pork Mince**	240g	360g	480g
Sugar Snap Peas**	150g	300g	300g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard 9)	17g	25g	34g

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*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2943 /703	536/128
Fat (g)	39.9	7.3
Sat. Fat (g)	17.3	3.1
Carbohydrate (g)	56.9	10.4
Sugars (g)	7.3	1.3
Protein (g)	33.4	6.1
Salt (g)	2.34	0.43

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

Allergens

7) Milk **9)** Mustard **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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Start the Prep

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

Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Peel and grate the **garlic** (or use a garlic press).



Bring on the Veg

When the **meatballs** have cooked for 4-5 mins, add the **sugar snap peas** to the baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then roast for the remaining time until tender, 8-10 mins.

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the remaining **garlic** and stir-fry for 1 min.



Make your Mash

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Season with **salt** and **pepper**. Cover with a lid to keep warm.



Make the Sauce

Next, stir in the **creme fraiche**, **chicken stock paste**, **wholegrain mustard** and **water for the sauce** (see pantry for amount). Simmer until thickened, 2-3 mins.

When the **meatballs** are cooked, add them to the **creamy sauce** and stir to coat.

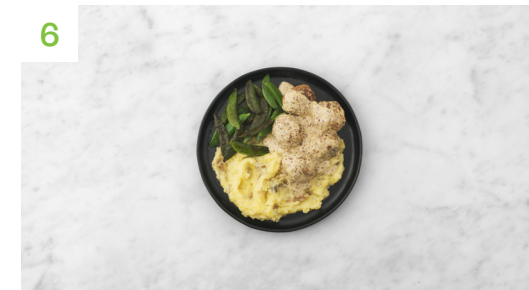


Roll the Meatballs

While the **potatoes** cook, in a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) and **two thirds** of the **garlic**, then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person, then pop onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The meatballs are cooked when no longer pink in the middle.



Serve

Share the **meatballs** between your plates. Spoon over all of the **creamy mustard sauce** from the pan.

Serve with the **mash** and **sugar snap peas** alongside.

Enjoy!