



# Autumnal Baked Pork and Apple Meatballs

with Onion Gravy, Mash and Cabbage

Calorie Smart

40-45 Minutes • 1 of your 5 a day • Under 650 Calories

27



Garlic Clove



Apple



Red Onion



Potatoes



Breadcrumbs



Dried Rosemary



British Pork Mince



Shredded Savoy Cabbage



Balsamic Vinegar



Red Wine Stock Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, bowl, baking tray, frying pan, lid, aluminium foil and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Apple**	1	1½	2
Red Onion	1	2	2
Potatoes	450g	700g	900g
Breadcrumbs <b>13</b>	10g	15g	20g
Dried Rosemary	1 sachet	2 sachets	2 sachets
British Pork Mince**	240g	360g	480g
Shredded Savoy Cabbage**	150g	300g	300g
Balsamic Vinegar <b>14</b>	12ml	24ml	24ml
Red Wine Stock Paste <b>14</b>	28g	42g	56g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Onions*	¼ tsp	½ tsp	½ tsp
Water for the Gravy*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>619g</b>	<b>100g</b>
Energy (kJ/kcal)	2678 /640	433 /103
Fat (g)	26.9	4.3
Sat. Fat (g)	9.9	1.6
Carbohydrate (g)	72.6	11.7
Sugars (g)	20.2	3.3
Protein (g)	31.4	5.1
Salt (g)	2.91	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**13** Cereals containing gluten **14** Sulphites

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, mollusc, 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.


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

## Contact

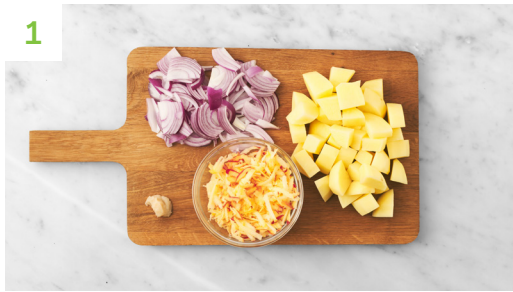
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## Get Prepped

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**.

Peel and grate the **garlic** (or use a garlic press). Quarter, core and grate the **apple** (no need to peel). Quarter, core and grate the **apple** (no need to peel). Halve, peel and thinly slice the **red onion**. Chop the **potatoes** into 2cm chunks (peel first if you prefer).



## Saut, the Onions

Pop your (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 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 your Meatballs

In a large bowl, combine the **breadcrumbs**, **grated apple**, **dried rosemary**, **salt for the breadcrumbs** (see pantry for amount) and **half** the **garlic**, then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.

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

Pop the **meatballs** 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:** The meatballs are cooked when no longer pink in the middle.

Once cooked, remove from the oven and set aside.

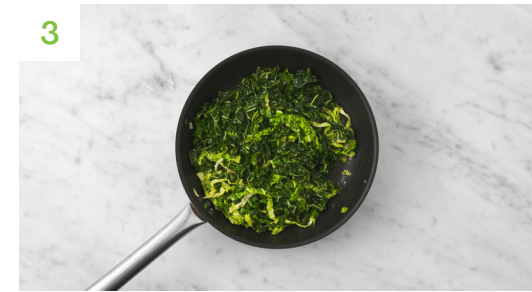


## Finish your Gravy

Add the **balsamic vinegar** and **sugar for the onions** (see pantry for amount) to the **onion** pan and cook until caramelised, 1-2 mins more.

Add the **red wine stock paste** and **water for the gravy** (see pantry for amount). Bring to the boil, then lower the heat and simmer until reduced, 5-6 mins.

Add a splash of **water** if it's a little thick. **TIP:** If you're feeling decadent, add a knob of **butter** (if you have any).



## Cook the Potatoes

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

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium heat.

When hot, add the **cabbage** and remaining **garlic** and stir-fry for 2 mins. Season with **salt** and **pepper**, add a splash of **water**, mix well and cover with a lid (or some foil). Cook until just tender, 3-4 mins.

Once cooked, transfer the **cabbage** to a bowl and cover with foil to keep warm.



## Finish and Serve

Add your **cooked meatballs** to the **sauce** and gently turn to coat. Warm for 1-2 mins, then remove from the heat.

Serve the **meatballs** and **red wine gravy** with the **mash and cabbage** alongside.

## Enjoy!