

Pork Meatballs in Cajun Tomato Sauce

with Cheesy Mash and Roasted Broccoli

10

Family 25-30 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Mature Cheddar
Cheese



Garlic Clove



Broccoli Florets



Breadcrumbs



British Pork
Mince



Cajun Spice
Mix



Tomato Passata



Chicken Stock
Paste



British Beef
Mince


Pantry Items

Oil, Salt, Pepper

↔ Swap to Beef Mince

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!



Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme. The spiced Cajun sauce pairs perfectly with these pork meatballs and is a crowd pleaser too.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	2	3	4
Broccoli Florets**	200g	300g	400g
Breadcrumbs 13)	10g	15g	20g
British Pork Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ 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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	648g	100g	648g	100g
Energy (kJ/kcal)	2867 / 685	443 / 106	2641 / 631	408 / 97
Fat (g)	33.7	5.2	27.1	4.2
Sat. Fat (g)	13.5	2.1	12.2	1.9
Carbohydrate (g)	59.5	9.2	59.2	9.1
Sugars (g)	8.8	1.4	8.6	1.3
Protein (g)	38.7	6.0	41.9	6.5
Salt (g)	3.01	0.46	3.01	0.46

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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Start the Mash

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt**.

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

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

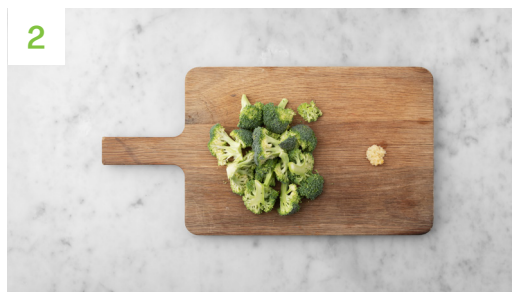
Once cooked, drain in a colander and return to the pan, off the heat. Mash until smooth. Mix in **half the cheese** and season with **salt** and **pepper**. Cover with a lid to keep warm.



Time to Bake

Pop the **meatballs** and **broccoli** onto a large baking tray. Drizzle the **broccoli** with **oil**.

Bake on the top shelf of your oven until the **meatballs** are browned and cooked through and the **broccoli** is crispy and lightly charred, 12-15 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



Get Prepped

While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press).

Halve any large **broccoli florets**.



Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**, **half the garlic** and **half the Cajun spice mix** (use less if you'd prefer things milder).

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

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

Swap to Beef Mince

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



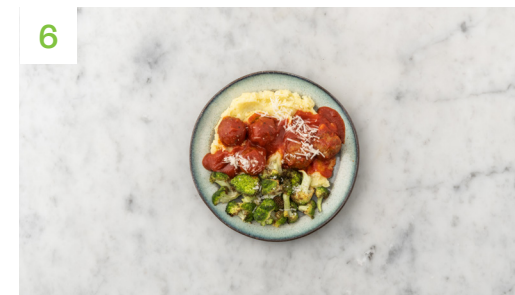
Sauce Things Up

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

Stir in the **passata**, remaining **Cajun spice mix**, **chicken stock paste**, a pinch of **sugar** (if you have any) and the **water for the sauce** (see pantry for amount). Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 6-7 mins.

When the **meatballs** are cooked, stir them through the **sauce** and simmer for 2-3 mins more.



Serve

When everything's ready, share the **cheesy mash** between your plates.

Top with the **meatballs**, spooning over all the **sauce** from the pan.

Serve the **roasted broccoli** alongside and finish with a sprinkling of the remaining **cheese**.

Enjoy!