

# Pork Meatballs in Balsamic Onion Gravy

with Chive Mash and Peas

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories









Potatoes





Panko Breadcrumbs

Mixed Herbs





Pork Mince



Balsamic Vinegar



Red Wine Stock Paste



Chives





Peas

### **Pantry Items**

Oil, Salt, Pepper, Plain Flour

#### **CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, colander, lid, garlic press, bowl, baking tray, aluminium foil, frying pan, kitchen scissors and potato masher.

## Ingredients

Ingredients	2P	3P	4P		
Potatoes	450g	700g	900g		
Garlic Clove**	3	4	6		
Mixed Herbs	1 sachet	1 sachet	2 sachets		
Panko Breadcrumbs 13)	10g	15g	20g		
Pork Mince**	240g	360g	480g		
Onion**	1	1	2		
Balsamic Vinegar 14)	12ml	18ml	24ml		
Red Wine Stock Paste 14)	28g	42g	56g		
Chives**	1 bunch	1 bunch	1 bunch		
Peas**	120g	180g	240g		
Beef Mince**	240g	360g	480g		
Pantry	2P	3P	4P		
Salt for the Breadcrumbs*	1/4 tsp	½ tsp	½ tsp		
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp		
Plain Flour for the Gravy*	1 tbsp	1½ tbsp	2 tbsp		
Water for the Sauce*	250ml	375ml	500ml		
*Not Included **Store in the Fridge					

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

#### Nutrition

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Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	516g	100g	516g	100g
Energy (kJ/kcal)	2649 /633	514/123	2423 /579	470 /112
Fat (g)	27.3	5.3	20.7	4.0
Sat. Fat (g)	9.8	1.9	8.5	1.7
Carbohydrate (g)	68.3	13.2	68.1	13.3
Sugars (g)	14.8	2.9	14.6	2.8
Protein (g)	33.6	6.5	36.9	7.2
Salt (g)	3.01	0.58	3.06	0.59

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). **Point<sup>TM</sup> values based on low-cal cooking spray oil.** 

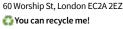
## Allergens

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, 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.

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## Cook the Potatoes

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). When boiling, add the **potatoes** to the **water** 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. Cover with a lid to keep warm.

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



## **Onion Gravy Time**

Once the pan is hot, add the **onion** and cook, stirring often, until softened, 5-7 mins. Add the **balsamic vinegar** and allow to bubble away until evaporated, 1-2 mins.

Stir in the **flour for the gravy** (see pantry for amount) and cook for 1 min. Gradually stir in the **water for the sauce** (see pantry for amount), then stir in the **red wine stock paste**. Bring to the boil, stirring out any lumps that form.

Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 7-8 mins. Add a splash of **water** if it's too thick.







## **Get Mixing**

In a large bowl, combine the **grated garlic**, **mixed herbs**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince** and season with **pepper**.

Mix together with your hands and roll into evensized balls, 5 per person. Transfer to a large baking tray. IMPORTANT: Wash your hands and equipment after handling raw mince.

#### **CUSTOM RECIPE**

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



# Bring on the Chive Mash

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Once the **potatoes** are cooked, add the **roasted garlic**, a knob of **butter** and a splash of **milk** (if you have any). Mash until smooth. Season to taste with **salt** and **pepper**.

Finely chop the **chives** (use scissors if easier). Mix **half** of the **chives** into the **mash**.

When the **meatballs** are cooked, add them to the **gravy along** with the **peas**. Mix well to combine and continue to cook until piping hot, 1-2 mins.



## Bake the Meatballs

Pop the remaining **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **garlic parcel** to the baking tray.

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

Meanwhile, halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.



# Sprinkle and Serve

Share the **mash** between plates and spoon over the **meatballs**, **peas** and **gravy**.

Sprinkle over the remaining **chopped chives** to finish.

Enjoy!