



# Pork Meatballs in Creamy Leek & Mustard Sauce with Mashed Potato and Green Beans

10

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



Potatoes



Garlic Clove



Green Beans



Panko Breadcrumbs



Pork Mince



Leek



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**	2	3	4
Green Beans**	80g	150g	150g
Panko Breadcrumbs <b>13)</b>	10g	20g	20g
Pork Mince**	240g	360g	480g
Leek**	1	1½	2
Crema Fraiche** <b>7)</b>	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard <b>9)</b>	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2887 /690	534 /128
Fat (g)	40.5	7.5
Sat. Fat (g)	17.5	3.2
Carbohydrate (g)	53.1	9.8
Sugars (g)	9.0	1.7
Protein (g)	33.5	6.2
Salt (g)	2.47	0.46

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, 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.

## 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).  
Trim the **green beans**.



## Bring on the Veg

When the **meatballs** have cooked for a few mins, add the **green beans** to the baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then roast for the remaining time until tender, 8-10 mins.

Meanwhile, trim and discard the root and dark green leafy part from the **leek**. Halve lengthways, then thinly slice.

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **leek** and season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 4-6 mins.



## 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.



## Creamy Leek Sauce Time

Once the **leeks** have softened, add the remaining **garlic** and cook for 1 min.

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 **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, 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 **mash** between your plates, then top with the **meatballs**. Spoon over all of the **creamy leek sauce** from the pan.

Serve with the **green beans** alongside.

## Enjoy!