



Pork Meatballs & Creamy Dijon-Parsley Sauce

with Veggie Mash & Garden Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Radish



Cucumber



Parsley



Mixed Salad Leaves



Pork Mince



Herb & Mushroom Seasoning



Cream



Vegetable Stock Powder



Dijon Mustard



Lamb Mince

Prep in: 25-35 mins
Ready in: 30- mins

Give meat and three veg an upgrade with an array of flavoursome sides. Fun pork meatballs get a creamy chive-infused sauce, and we've taken regular mash to new heights by adding sweet carrot. This is a modern meal that satisfies that comfort food craving!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Carb Smart

Pantry items

Olive Oil, Balsamic Vinegar, Plain Flour

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	2	4
garlic	2 cloves	4 cloves
radish	2	3
cucumber	1 (medium)	1 (large)
parsley	1 bag	1 bag
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	drizzle	drizzle
pork mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
cream	½ bottle	1 bottle
vegetable stock powder	½ medium sachet	1 medium sachet
dijon mustard	½ packet (12.5g)	1 packet (25g)
lamb mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642Cal)	504kJ (120Cal)
Protein (g)	32g	6g
Fat, total (g)	42.1g	7.9g
- saturated (g)	20.7g	3.9g
Carbohydrate (g)	33g	6.2g
- sugars (g)	14.4g	2.7g
Sodium (mg)	1188mg	223mg
Dietary Fibre (g)	7.3g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2533kJ (605Cal)	475kJ (114Cal)
Protein (g)	33.1g	6.2g
Fat, total (g)	37.5g	7g
- saturated (g)	18.6g	3.5g
Carbohydrate (g)	33g	6.2g
- sugars (g)	14.4g	2.7g
Sodium (mg)	1187mg	223mg
Dietary fibre	7.3g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient,

please be aware allergens may have changed.

Scan here if you have any questions or concerns

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Not enough space



1



Make the veggie mash

- Boil the kettle. Peel **potato** and **carrot**, then cut into small chunks.
- Half-fill a medium saucepan with boiling water. Cook **potato** and **carrot** in boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain and return **veggies** to the saucepan. Add a drizzle of **olive oil** and season generously with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

4



Cook the meatballs

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm.

Custom Recipe: Cook lamb meatballs in the same way as above.

2



Get prepped

- While the veggies are cooking, finely chop **garlic**. Roughly chop **parsley**. Thinly slice **radish**. Thinly slice **cucumber** into half-moons.

3



Make the meatballs

- In a medium bowl, combine **pork mince**, **herb & mushroom seasoning** and the **plain flour**.
- Using damp hands, shape heaped spoonfuls of the **pork mixture** into small **meatballs (4-5 per person)**. Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped pork mince for lamb mince, make lamb meatballs in the same way as above.

5



Make the sauce

- Wipe out the frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **cream (see ingredients)**, **vegetable stock powder (see ingredients)**, **dijon mustard (see ingredients)** and a splash of **water**. Simmer until slightly thickened, **1-2 minutes**.
- Remove pan from heat and stir through **parsley**. Return cooked **meatballs** and any **resting juices** to the pan, then toss to coat. Season with **pepper**.

6



Serve up

- In a large bowl, combine radish, cucumber, **mixed salad leaves** and a drizzle of **balsamic vinegar** and olive oil. Season to taste. Toss to coat.
- Divide veggie mash, pork meatballs, creamy dijon-parsley sauce and radish salad between plates.
- Spoon any remaining sauce from the pan over meatballs to serve. Enjoy!

Little cooks: Take charge and toss the salad.

Rate your recipe

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