



# Italian Pork Meatballs & Bacon Sauce

with Garlicky Potato Mash & Steamed Veggies

HALL OF FAME

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Green Beans



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



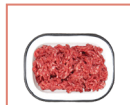
Diced Bacon



Tomato Sugo



Parsley



Beef Mince

Prep in: 20-30 mins  
Ready in: 40-50 mins

How many meatballs are too many? The answer is you can never have enough of these pork meatballs! Served with all-time favourites like garlic mash and steamed veggies, and all topped off with a bacon-loaded sauce, it doesn't get any better than this.

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

### Pantry items

Olive Oil, Egg, Milk, Butter, Brown Sugar

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b> (for the mash)	40g	80g
diced bacon	1 medium packet	2 medium packets OR 1 large packet
tomato sugo	1 medium packet	1 large packet
<b>butter*</b> (for the sauce)	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
parsley	1 packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3916kJ (936Cal)	517kJ (124Cal)
Protein (g)	47.9g	6.3g
Fat, total (g)	54.3g	7.2g
- saturated (g)	26.8g	3.5g
Carbohydrate (g)	64.8g	8.6g
- sugars (g)	30.3g	4g
Sodium (mg)	1468mg	194mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4207kJ (1005Cal)	556kJ (133Cal)
Protein (g)	52.1g	6.9g
Fat, total (g)	58.8g	7.8g
- saturated (g)	29.7g	3.9g
Carbohydrate (g)	64.8g	8.6g
- sugars (g)	30.3g	4g
Sodium (mg)	1447mg	191mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW13



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## Start the mash

- Bring a medium saucepan of water to the boil. Peel **potato** and cut into large chunks. Peel **garlic** cloves.
- Cook **potato** and **garlic** in the boiling water, until tender, **6 minutes**.

4



## Cook the meatballs

- Meanwhile, heat a large frying pan over medium-high heat with a 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.

**Custom Recipe:** Cook beef meatballs as above.

2



## Get prepped

- Meanwhile, thinly slice **carrot** into sticks. Trim **green beans**.
- In a medium bowl, combine **pork mince**, **Aussie spice blend**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

**Custom Recipe:** If you've swapped to beef mince, flavour and prepare as above.

5



## Make the sauce

- Return frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **6-7 minutes**.
- Reduce heat to medium, add **tomato sugo**, **butter (for the sauce)**, the **brown sugar** and a splash of **water**, and simmer until slightly reduced, **1-2 minutes**.
- Return **meatballs** to the pan and turn to coat.

3



## Steam the veggies

- Place a colander or steamer basket on top of the **potatoes** and add **carrot** and **green beans**.
- Cover and steam until veggies are tender, and potatoes are easily pierced with a fork, **7-8 minutes**.
- Transfer **veggies** to a bowl. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk**, **butter (for the mash)** and a pinch of **salt** and mash until smooth. Cover to keep warm.

6



## Serve up

- Divide potato mash between plates.
- Top with Italian pork meatballs and pour over bacon sauce.
- Serve with steamed veggies.
- Tear over **parsley** leaves to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)