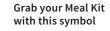


# Beetroot Relish-Glazed Pork Meatballs

with Chive Cauli-Potato Mash & Garden Salad

KID FRIENDLY

**DIETITIAN APPROVED** 





















Cucumber

Tomato

Chicken-Style



Stock Powder

Fine Breadcrumbs



Herb & Mushroom



Beetroot Relish

Seasoning



Mixed Salad Leaves





**Pantry items** 

Olive Oil, Egg, Balsamic Vinegar

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



How many meatballs are too many? The answer is you can never have enough of these herb-infused pork meatballs covered in a velvety beetroot relish. A cauliflower and potato mash balances the whole dish out for you to enjoy until your appetite is content.

Before you start Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan · Large frying pan

### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
cauliflower	1 portion (200g)	1 portion (400g)	
garlic	3 cloves	6 cloves	
chives	1 bag	1 bag	
tomato	1	2	
cucumber	1 (medium)	1 (large)	
pork mince	1 packet	1 packet	
chicken-style stock powder	1/2 sachet (2.5g)	1 sachet (5g)	
fine breadcrumbs	1 packet	1 packet	
egg*	1	2	
herb & mushroom seasoning	1 sachet	2 sachets	
beetroot relish	1 packet (50g)	2 packets (100g)	
mixed salad leaves	1 small bag	1 medium bag	
balsamic vinegar*	drizzle	drizzle	
beef mince**	1 packet	1 packet	
*Pantry Items ** Custom Recipe Ingredient			

#### Pantry Items \*\* Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (513Cal)	395kJ (94Cal)
Protein (g)	36.2g	6.7g
Fat, total (g)	21.9g	4g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	39.7g	7.3g
- sugars (g)	17.8g	3.3g
Sodium (mg)	996mg	183mg
Dietary Fibre (g)	6.1g	1.1g
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2436kJ (582Cal)	448kJ (107Cal)
Protein (g)	40.4g	7.4g
Fat, total (g)	26.4g	4.9g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	39.7g	7.3g
- sugars (g)	17.8g	3.3g
Sodium (mg)	961mg	177mg

The quantities provided above are averages only.

### Alleraens

Dietary Fibre (g)

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.

6.1g

#### We're here to help!

Scan here if you have any questions or concerns

2023 | CW01



### Make the mash

- · Bring a medium saucepan of salted water to the
- · Peel potato and cut into large chunks. Cut cauliflower into small florets.
- Cook **potato** and **cauliflower** in the boiling water until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Mash until smooth and season to taste. Cover to keep warm.

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

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



### Cook the meatballs

- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).
- Remove the pan from heat, then add **beetroot** relish and toss meatballs to coat.

**TIP:** Add a splash of water if the glaze looks too thick.

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



### Get prepped

· Meanwhile, finely chop garlic and chives. Cut tomato into wedges. Roughly chop cucumber.



## Prep the meatballs

- In a medium bowl, combine pork mince, chicken-style stock powder (see ingredients), fine breadcrumbs, the egg, herb & mushroom seasoning, garlic and a pinch of salt.
- · Using damp hands, roll heaped spoonfuls of 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 to beef, prep beef mince in the same way as above.



### Toss the salad

- · While the meatballs are cooking, add tomato, cucumber, mixed salad leaves and a drizzle of balsamic vinegar and olive oil to a large bowl.
- · Season with salt and pepper, then toss to combine.



### Serve up

- Stir chives through mash. Divide pork meatballs and beetroot relish, chive cauli-potato mash and garden salad between plates.
- · Spoon any remaining glaze over meatballs to serve. Enjoy!

**Little cooks:** Take the lead and stir the chives through the mash!



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1.1g