



# Beetroot Relish-Glazed Pork Meatballs

with Chive Cauli-Potato Mash & Garden Salad

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Cauliflower



Garlic



Chives



Tomato



Cucumber



Chicken-Style Stock Powder



Fine Breadcrumbs



Herb & Mushroom Seasoning



Beetroot Relish



Mixed Salad Leaves



Pork Mince



Beef Mince

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

Carb Smart

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.

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

### Pantry items

Olive Oil, Egg, Balsamic Vinegar



## 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

	2 People	4 People
<b>olive oil*</b>	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	½ sachet (2.5g)	1 sachet (5g)
fine breadcrumbs	1 packet	1 packet
<b>egg*</b>	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
<b>balsamic vinegar*</b>	drizzle	drizzle
beef mince**	1 packet	1 packet

\*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
Dietary Fibre (g)	6.1g	1.1g

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

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## Make the mash

- Bring a medium saucepan of salted water to the boil.
- 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**.



## 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.



## 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.



## 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!

## Rate your recipe

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