

Pork Meatballs in Smoky Tomato Sauce

with Garlic Mash, Spinach and Mushrooms

Calorie Smart 35-40 Minutes • Medium Spice • 2 of your 5 a day



Garlic Clove



Potatoes



Dried Oregano



Breadcrumbs



British Pork Mince



Sliced Mushrooms



Central American Style Spice Mix



Tomato Passata



Honey



Baby Spinach



Smoky Base Paste



British Beef Mince

Pantry Items

Oil, Salt, Pepper

↔ Swap to Beef Mince

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!



Designed by our chefs for a balanced lifestyle, these Pork Meatballs in Smoky Tomato Sauce adds Mexican spices to the sauce for punchy and warming flavours. We're also using smoky base paste, made with smoked paprika and smoked salt, to bring rich smokiness to your dish.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press, bowl, baking tray, frying pan, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	4	6	8
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Breadcrumbs 13	10g	15g	20g
British Pork Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Honey	15g	22g	30g
Baby Spinach**	40g	80g	80g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
British Beef Mince**	240g	360g	480g
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	636g	100g	636g	100g
Energy (kJ/kcal)	2653 / 634	418 / 100	2253 / 538	354 / 85
Fat (g)	28.3	4.5	16.5	2.6
Sat. Fat (g)	10.0	1.6	6.9	1.1
Carbohydrate (g)	66.1	10.4	66.4	10.5
Sugars (g)	14.5	2.3	14.4	2.3
Protein (g)	32.0	5.0	34.7	5.5
Salt (g)	2.81	0.44	2.76	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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Start the Mash

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**.

Peel the **garlic cloves**. Chop the **potatoes** into 2cm chunks (no need to peel).

When boiling, add the **potatoes** and **half the garlic** to the **water** and cook until you can easily slip a knife through, 15-18 mins.

Grate the remaining **garlic** (or use a garlic press).



Mash the Potatoes

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 the **potatoes** and **garlic** until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Make the Meatballs

In a large bowl, combine the **grated garlic**, **dried oregano**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**. Season with **pepper** and mix together with your hands.

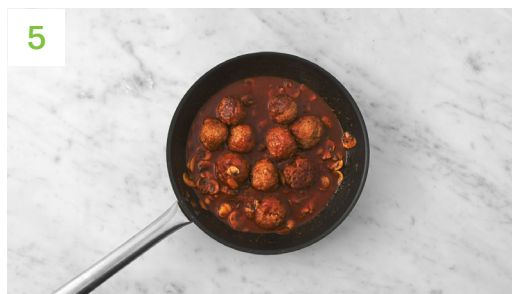
Roll into evenly-sized balls, 5 per person.

Pop the **meatballs** 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. They're cooked when no longer pink in the middle.

↔ Swap to Beef Mince

Prep the **beef mince** in the same way, then cook for the same amount of time.

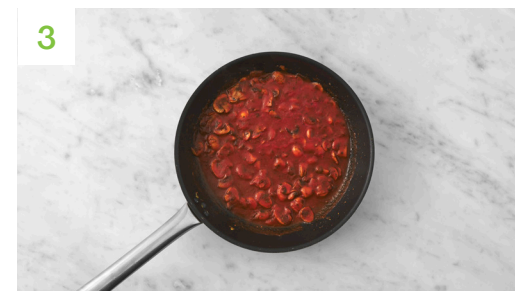


Finishing Touches

When the **sauce** has almost thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

When the **meatballs** are cooked, stir them into the **sauce**.

Stir the **smoky base paste** into the **sauce**. Taste and season with **salt** and **pepper** if needed.



Start the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

Reduce the heat to medium, add the **Central American style spice mix** and stir-fry for 30 seconds.

Add the **passata**, **honey** and **water for the sauce** (see pantry for amount). Bring to the boil, then simmer until the **sauce** has thickened slightly, 3-4 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



Serve

Share the **mash** between bowls.

Spoon over the **meatballs** and **sauce** to finish.

Enjoy!