



MEATBALLS & CHEESY MASH

with Bacon & Onion Gravy



HELLO TENDERSTEM® BROCCOLI

Tenderstem® broccoli is a hybrid of Chinese kale and broccoli which was first introduced in Japan in 1993.



Potato



Pork Mince



Beef Mince



Italian Herbs



Panko Breadcrumbs



Red Onion



Cheddar Cheese



Pancetta Lardons



Chicken Stock Powder



Tenderstem® Broccoli



Redcurrant Jelly

MEAL BAG

Hands on: **20** mins
Total: **40** mins

1 of your
5 a day

4 Family Box

Britain meets Italy in this delicious culinary collaboration. Our meatballs are made with beef and pork mince, seasoned with Italian herbs and crunchy panko breadcrumbs for a deliciously light texture and cooked in a pancetta lardons and onion gravy. The perfect accompaniment? Cheesy mash of course, rich with cheddar and a side of sweet tenderstem® broccoli.

19

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Mixing Bowl, Large Frying Pan** (with a **Lid**), **Coarse Grater, Measuring Jug**, some **Baking Paper, Baking Tray** and **Potato Masher**. Now, let's get cooking!



1 SPUD TIME

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of **salt** on to boil. Chop the **potato** into 2cm chunks (no need to peel) and add to the pan. Bring back to the boil. Once boiling reduce the heat slightly and cook until the **potato** is tender, 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through. When cooked, drain in a colander and return to the pan, off the heat.



2 MAKE THE MEATBALLS

Meanwhile, put the **pork** and **beef mince** into a large mixing bowl and season with **salt** and **pepper**. Add the **Italian herbs** and **panko breadcrumbs**. Use your hands to mix the seasonings into the **meat** then shape into small balls (5 per person). **TIP:** Make sure you roll them well in the palms of your hands to prevent them falling apart when cooking. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 COOK THE MEATBALLS

Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **meatballs** and cook until browned all over, turning occasionally, 5-6 mins. **TIP:** Do this in batches if necessary, you want the meatballs to brown not stew! Meanwhile, halve, peel and thinly slice the **red onion**. Grate the **cheddar cheese**. When the **meatballs** are browned, add the **onion** and the **pancetta lardons**. Cook until the **onion** is soft, 4-5 mins. Stir occasionally.



4 SIMMER THE GRAVY

Add the **water** (see ingredients for amount) and the **stock powder**. Stir then lower the heat. Cover the pan with a lid or foil and simmer until the **meatballs** are cooked through, 7-8 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle. Meanwhile, pop the **tenderstem® broccoli** on a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until browned and tender, 8-10 mins.



5 CHEESY MASH!

Mash the **potato** with a potato masher then stir in the grated **cheese**. **TIP:** Add a splash of milk and a knob of butter if you have some. Season to taste with **salt** and **pepper**. Keep warm with the lid on while you finish off.



6 FINISH OFF

When the **meatballs** are cooked through, remove the lid and stir in the **redcurrant jelly**. Increase the heat and bubble the **gravy** until it is glossy and has thickened slightly, 1-2 mins. Share the **cheesy mash** between your plates and serve the **tenderstem®** alongside. Pop the **meatballs** on top of the **mash** and finish with a generous amount of the **gravy**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Pork Mince *	125g	125g	250g
Beef Mince *	125g	250g	250g
Italian Herbs	½ pot	¾ pot	1 pot
Panko Breadcrumbs (13)	15g	20g	30g
Red Onion *	½	1	1
Cheddar Cheese 7) *	1 small block	2 small blocks	2 small blocks
Pancetta Lardons *	1 small pack	1 small pack	1 medium pack
Water*	125ml	200ml	250ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Tenderstem® Broccoli *	1 small pack	1 large pack	1 large pack
Redcurrant Jelly	1 pot	1½ pots	2 pots

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 513G	PER 100G
Energy (kcal)	618	121
(kJ)	2584	504
Fat (g)	24	5
Sat. Fat (g)	10	2
Carbohydrate (g)	64	13
Sugars (g)	13	3
Protein (g)	40	8
Salt (g)	1.63	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk

#HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

Packed in the UK

HelloFRESH

