



Meatballs and Bacon & Onion Gravy

with Cheesy Mash

N° 10

FAMILY Hands on Time: 20 Minutes • Total Time: 40 Minutes • 1 of your 5 a day



Potato



Pork Mince



Beef Mince



Italian Herbs



Panko Breadcrumbs



Red Onion



Cheddar Cheese



Bacon Lardons



Chicken Stock Powder



Broccoli Florets



Redcurrant Jelly

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Colander, Mixing Bowl, Frying Pan, Coarse Grater, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Pork Mince**	120g	120g	240g
Beef Mince**	120g	240g	240g
Italian Herbs	1 pot	1 pot	1 pot
Panko Breadcrumbs 13	15g	20g	25g
Red Onion**	½	1	1
Cheddar Cheese 7 **	1 block	2 blocks	2 blocks
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	125ml	200ml	250ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Redcurrant Jelly	1 pot	2 pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	547g	100g
Energy (kJ/kcal)	2701 / 646	494 / 118
Fat (g)	28	5
Sat. Fat (g)	11	2
Carbohydrate (g)	58	11
Sugars (g)	11	2
Protein (g)	43	8
Salt (g)	2.07	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7 Milk **13** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Potato

Bring a large saucepan of **water** to the boil on high heat. Chop the **potatoes** into 2cm chunks (no need to peel!). Add them to the **water** with a ¼ tsp of **salt**. Bring back to the boil. Once boiling reduce the heat slightly and cook until the **potatoes** are 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. Preheat your oven to 200 °C.



4. Roast the Broccoli

Add the **water** (see ingredients for amount) and the **stock powder** to the **meatballs**. 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, halve any large **broccoli florets** and pop them on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast in the oven until browned and tender, 15-18 mins.



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 seasoning**, **panko breadcrumbs** and 1 tbsp of **water** per person. 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:** Wash your hands after handling raw meat.



5. Cheesy Mash!

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



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, 5-6 mins, turning occasionally. **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 **cheese**. When the **meatballs** are browned, add the **onion** and **bacon lardons**. Cook until the **onion** is soft, 4-5 mins, stirring occasionally.



6. Finish Off

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.