

Meatballs and Bacon & Onion Gravy

with Cheesy Mash

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

















Beef Mince





Panko Breadcrumbs







Bacon Lardons

Cheddar Cheese



Chicken Stock Powder



Broccoli Florets



Redcurrant Jelly

Before you start

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

Basic cooking tools you will need:

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

Ingredients

ingi caiciits			
	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**	1/2	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

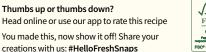
7) Milk 13) Gluten

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 1/4 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.



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.



3. Cook the Meatballs

Heat a splash of oil in a large frying pan on mediumhigh 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.



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.



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.



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.