



# Meatballs in Bacon & Onion Gravy with Cheesy Mash and Broccoli

Family 40 Minutes • 1 of your 5 a day

8



Potatoes



Italian Style Herbs



Panko Breadcrumbs



Pork Mince



Beef Mince



Red Onion



Bacon Lardons



Chicken Stock Paste



Cheddar Cheese



Broccoli Florets



Redcurrant Jelly

## Before you start

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

## Cooking tools, you will need:

Saucepan, Colander, Bowl, Frying Pan, Baking Tray, Grater, Potato Masher.

## Ingredients

|                               | 2P     | 3P     | 4P     |
|-------------------------------|--------|--------|--------|
| Potatoes**                    | 450g   | 700g   | 900g   |
| Italian Style Herbs           | 1 pot  | 1 pot  | 1 pot  |
| Panko Breadcrumbs <b>13</b> ) | 10g    | 19g    | 25g    |
| Water for the Breadcrumbs*    | 2 tbsp | 3 tbsp | 4 tbsp |
| Pork Mince**                  | 120g   | 120g   | 240g   |
| Beef Mince**                  | 120g   | 240g   | 240g   |
| Red Onion**                   | ½      | 1      | 1      |
| Bacon Lardons**               | 60g    | 90g    | 120g   |
| Water for the Sauce*          | 125ml  | 200ml  | 250ml  |
| Chicken Stock Paste           | 10g    | 15g    | 20g    |
| Cheddar Cheese** <b>7</b> )   | 30g    | 45g    | 60g    |
| Broccoli Florets**            | 200g   | 300g   | 400g   |
| Redcurrant Jelly**            | 25g    | 37g    | 50g    |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 540g        | 100g     |
| Energy (kJ/kcal)        | 2726 /652   | 505 /121 |
| Fat (g)                 | 30          | 6        |
| Sat. Fat (g)            | 13          | 2        |
| Carbohydrate (g)        | 54          | 10       |
| Sugars (g)              | 10          | 2        |
| Protein (g)             | 42          | 8        |
| Salt (g)                | 2.28        | 0.42     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Potatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. When cooked, drain in a colander and return to the pan, off the heat.



## Make the Meatballs

Meanwhile, put the **Italian style herbs** and **panko breadcrumbs** into a large bowl. Add the **water for the breadcrumbs** (see ingredients for amount) and mix together. Add the **pork** and **beef mince**, then season with **salt** and **pepper**. Using your hands, mix everything together until very well combined. Shape the mixture into evenly sized balls, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



## Cook the Meatballs

Pop the **meatballs** onto a large baking tray and drizzle with **oil**. Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.** In the meantime, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **onion** and **bacon lardons**. Cook until the lardons are golden and the **onion** is soft, 4-5 mins, stirring occasionally. **IMPORTANT: Wash your hands after handling raw meat. Cook lardons thoroughly.**



## Simmer

Stir the **water for the sauce** (see ingredients for amount) and the **chicken stock paste** into the pan, then lower the heat. Simmer until reduced by about half, 4-5 mins. Meanwhile, bring a saucepan of water to the boil on high heat with ½ **tsp salt** for the **broccoli**. Grate the **cheese**. Mash the **potatoes** then stir in the **grated cheese**. **TIP: Add a splash of milk and a knob of butter if you have it.** Season to taste. Keep warm with the lid on.



## Cook the Broccoli

Halve any large **broccoli florets**. When the **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins. Once cooked, drain in the colander.



## Finish Off

Once the **sauce** has thickened, 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.