



Meatballs and Bacon & Onion Gravy

with Cheesy Mash and Broccoli

N° 10

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



Potato



Italian Herbs



Panko Breadcrumbs



Pork Mince



Beef Mince



Red Onion



Cheddar Cheese



Bacon Lardons



Chicken Stock Powder



Broccoli Florets



Redcurrant Jelly



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Happy cooking!

Before you start

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
Italian Herbs	1 pot	1 pot	1 pot
Panko Breadcrumbs 13)	15g	20g	25g
Pork Mince**	120g	120g	240g
Beef Mince**	120g	240g	240g
Red Onion	½	1	1
Cheddar Cheese 7 **	1 block	2 blocks	2 blocks
Bacon Lardons**	60g	90g	120g
 Bacon Lardons**	120g	180g	240g
Water	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

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	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)	42	8
Salt (g)	2.07	0.38
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	3027/724	525/126
Fat (g)	34	6
Sat. Fat (g)	13	2
Carbohydrate (g)	58	10
Sugars (g)	11	2
Protein (g)	48	8
Salt (g)	2.89	0.50

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.

HelloFresh UK

Packed in the UK

The Fresh Farm
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1. Spud Time

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. Sauce and Simmer

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 **Italian seasoning**, **panko breadcrumbs** and 1 tbsp of **water** per person into a large mixing bowl. Mix together, then add the **pork** and **beef mince**, season with **salt** and **pepper**. 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, transfer to a plate then drain any remaining fat out of the pan. Add the **onion** and **bacon lardons** to the pan. Cook until the **onion** is soft, 4-5 mins, stirring occasionally. **IMPORTANT:** *Cook the bacon lardons throughout.* Add the **meatballs** back into the pan.



CUSTOM RECIPE

If you've chosen to receive extra **bacon**, just follow the recipe as instructed!



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!