



# Pork Meatballs in Cajun Tomato Sauce with Cheesy Mash and Roasted Broccoli

26

Calorie Smart 25-30 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Potatoes



Mature Cheddar  
Cheese



Garlic Clove



Broccoli Florets



Panko  
Breadcrumbs



Cajun Spice Mix



Pork Mince



Tomato Passata



Chicken Stock  
Paste

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, grater, colander, potato masher, lid, garlic press, mixing bowl, baking tray and saucepan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mature Cheddar Cheese** (7)	30g	45g	60g
Garlic Clove**	2	3	4
Broccoli Florets**	200g	300g	400g
Panko Breadcrumbs (13)	10g	15g	20g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Pork Mince**	240g	360g	480g
Salt for the Meatballs*	¼ tsp	¼ tsp	½ tsp
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	2386 /570	413 /99
Fat (g)	24.3	4.2
Sat. Fat (g)	9.8	1.7
Carbohydrate (g)	53.2	9.2
Sugars (g)	7.8	1.4
Protein (g)	36.4	6.3
Salt (g)	2.83	0.49

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Start the Mash

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Grate the **cheese**.

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and return to the pan, off the heat. Mash until smooth. Mix in **half the cheese** and season with **salt and pepper**. Cover with a lid to keep warm.



## Time to Bake

Pop the **meatballs** and **broccoli** onto a large baking tray. Drizzle with **oil**.

Bake on the top shelf of your oven until the **meatballs** are browned and cooked through and the **broccoli** is crispy, 10-15 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



## Prep the Veg

While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press). Halve any large **broccoli florets**.



## Make the Meatballs

Pop the **panko breadcrumbs**, **half the garlic** and **half the Cajun spice mix** into a medium bowl (add less if you don't like heat).

Add the **water for the breadcrumbs** (see ingredients for amount) and mix together. Add the **pork mince**, season with the **salt for the meatballs** (see ingredients for amount) and **pepper**. Using your hands, mix everything together until very well combined.

Shape the **mixture** into evenly sized balls, 4 per person. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



## Sauce Things Up

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add the remaining **garlic** and cook until fragrant, 30 secs.

Stir in the **passata**, remaining **Cajun spice mix**, **chicken stock paste**, a pinch of **sugar** (if you have any) and **water for the sauce** (see ingredients for amount). Season with **salt and pepper**. Bring to the boil, then lower the heat and simmer until thickened, 6-7 mins.

When the **meatballs** are cooked, add them to the **tomato sauce** and simmer for 2-3 mins.



## Serve

When everything is ready, share the **cheesy mash** between your bowls.

Top with the **meatballs**, spooning over all the **tomato sauce** from your pan.

Serve the **roasted broccoli** alongside and finish with a sprinkling of the remaining **cheese** over the top.

## Enjoy!

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