

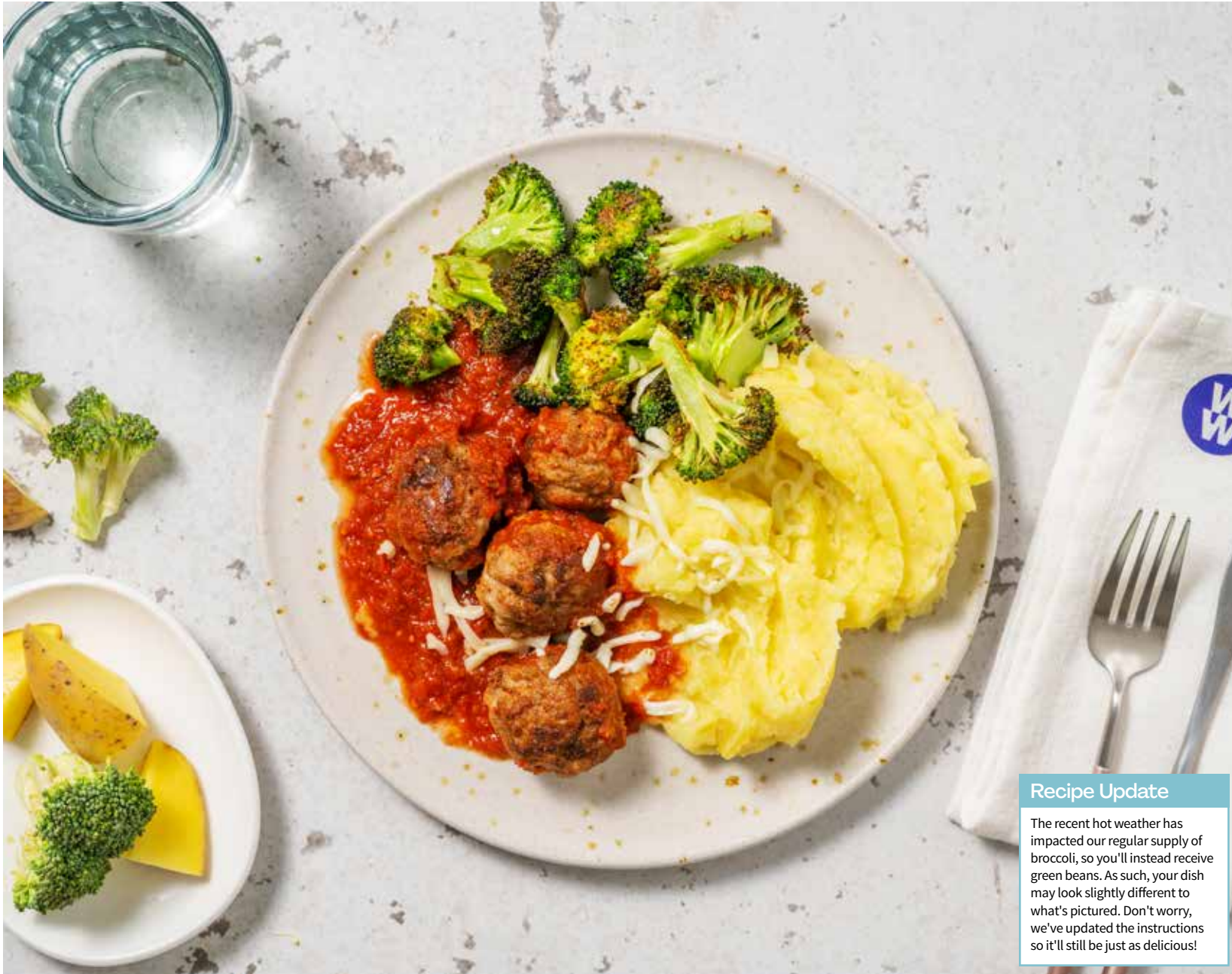


Pork Meatballs in Cajun Tomato Sauce

with Cheesy Mash and Green Beans

26

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



Potatoes



Mature Cheddar
Cheese



Garlic Clove



Green Beans



Panko
Breadcrumbs



Pork Mince



Cajun Style Spice Mix



Tomato Passata



Chicken Stock
Paste

Recipe Update

The recent hot weather has impacted our regular supply of broccoli, so you'll instead receive green beans. As such, your dish may look slightly different to what's pictured. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg 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, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Panko Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Cajun Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2325 /556	421 /101
Fat (g)	24.7	4.3
Sat. Fat (g)	9.7	1.8
Carbohydrate (g)	53.6	9.7
Sugars (g)	8.0	1.5
Protein (g)	33.6	6.1
Salt (g)	2.81	0.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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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** onto a large baking tray.

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

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min.

Scan to get your exact PersonalPoints™ value



Get Prepped

While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press).

Trim and halve the **green beans**.



Sauce Things Up

Stir the **passata**, remaining **Cajun style spice mix**, **chicken stock paste**, a pinch of **sugar** (if you have any) and the **water for the sauce** (see pantry for amount) into the **beans**. 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, stir them through the **sauce** and simmer for 2-3 mins more.



Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**, **half the garlic** and **half the Cajun style spice mix** (use less if you'd prefer things milder).

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 4 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Serve

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

Top with the **meatballs**, spooning over all the **beans** and **sauce** from the pan.

Finish with a sprinkling of the remaining **cheese**.

Enjoy!