



Maple-Mustard Pork Meatballs

with Roasted Apples and Sweet Potatoes

30 Minutes



Ground Pork



Sweet Potato



Gala Apple



Broccoli, florets



Garlic, cloves



Maple Syrup



Dijon Mustard



Soy Sauce



Italian Breadcrumbs



Gravy Spice Blend

HELLO SOY SAUCE

The secret to adding oomph to meatballs!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, 2 medium bowls, vegetable peeler, measuring spoons, parchment paper, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Sweet Potato	340 g	680 g
Gala Apple	1	2
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Maple Syrup	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Gravy Spice Blend	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Core, then cut **apple** into ½-inch pieces.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **broccoli** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Remove the pan from heat. Transfer **broccoli** to a plate, then cover to keep warm.



Roast apples and sweet potatoes

- Add **apples, sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 24-26 min.



Make sauce and coat meatballs

- Combine **Dijon, Gravy Spice Blend** and **half the maple syrup** (use all for 4 ppl) in another medium bowl. Gradually whisk in **¾ cup water** (dbl for 4 ppl) until smooth. Set aside until **meatballs** are done.
- Heat the same pan over medium.
- When hot, add **maple-mustard mixture**. Bring to a gentle boil. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Add **meatballs** to the pan, then toss to coat.
- Remove the pan from heat.



Form and roast meatballs

- Meanwhile, line another baking sheet with parchment paper.
- Add **pork, breadcrumbs, soy sauce** and **½ tsp salt** to a medium bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Roll **mixture** into **12 equal-sized meatballs** (24 for 4 ppl). Arrange **meatballs** on the prepared baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.**



Finish and serve

- Divide **meatballs, sweet potatoes and apples** and **broccoli** between plates.
- Spoon **any remaining sauce** from the pan over **meatballs**.

Dinner Solved!