



Smart Apricot-Glazed Chicken Meatballs

with Mustard-Tossed Roasted Veggies

Calorie Smart

Carb Smart

35 Minutes



Ground Chicken



Chicken Broth Concentrate



Panko Breadcrumbs



Garlic, cloves



Apricot Spread



Carrot



Green Beans



Red Potato



Whole Grain Mustard



Chives



White Wine Vinegar



Almonds, sliced

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, vegetable peeler, medium non-stick pan, measuring spoons, large bowl, parchment paper, small bowl

Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Chicken Broth Concentrate	1	2
Panko Breadcrumbs	¼ cup	½ cup
Garlic, cloves	1	2
Apricot Spread	2 tbsp	4 tbsp
Carrot	170 g	340 g
Green Beans	170 g	340 g
Red Potato	100 g	200 g
Whole Grain Mustard	1 tbsp	2 tbsp
Chives	7 g	14 g
White Wine Vinegar	1 tbsp	2 tbsp
Almonds, sliced	14 g	28 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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1 Prep and roast potatoes and carrots

- Cut **potatoes** into ½ -inch pieces.
- Peel, then cut **carrot** into ¼-inch rounds.
- Add **potatoes, carrots** and **2 tsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven until softened slightly, 12-13 min.



4 Roast meatballs

- Meanwhile, roll **chicken mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Transfer **meatballs** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.**
- When done, transfer **meatballs** to a large bowl. Add **remaining apricot spread** and **½ tsp butter** (dbl for 4 ppl), then gently toss until **butter** melts and **glaze** coats **meatballs**. (**TIP:** If glaze is too thick, add 1-2 tsp of juice from the baking sheet or water to loosen.)



2 Finish prep

- Meanwhile, trim then halve **green beans**.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Combine **vinegar, half the chives, half the garlic, 2 tsp mustard** and **2 tsp apricot spread** (dbl both for 4 ppl) in a small bowl.
- Add **chicken, broth concentrate, panko, remaining garlic, remaining mustard** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine.



5 Toast almonds

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.



3 Roast green beans

- After **potatoes and carrots** have roasted for 12-13 min, carefully remove the baking sheet from the oven.
- Push **potatoes and carrots** to one side, then add **green beans** to the other side.
- Drizzle **1 tsp oil** (dbl for 4 ppl) over **green beans**. Season with **salt** and **pepper**, then toss to coat.
- Toss all **veggies** together, then continue roasting until tender, 12-14 min.



6 Finish and serve

- When **veggies** are done, add **½ tsp butter** (dbl for 4 ppl), then drizzle **mustard dressing** over the baking sheet. Toss until **butter** melts and **veggies** are coated.
- Divide **veggies** and **meatballs** between plates.
- Sprinkle **half the almonds** over **veggies** (all for 4 ppl).
- Sprinkle **remaining chives** over plates.

Dinner Solved!