

Slow-Cooked Pork Meatball & Gravy Stew

with Garlicky Mash & Nutty Green Salad

Grab your Meal Kit
with this symbol



Garlic



Fine Breadcrumbs



Garlic & Herb
Seasoning



Vegetable
Stock Powder



Gravy Granules



Potato



Mixed Salad
Leaves



Flaked Almonds



Pork Mince



Dijon Mustard



Soffritto Mix

Prep in: **20-30** mins
Ready in: **45-55** mins

In this winter warmer, most of the magic happens in the oven, where the meatballs bake with all the good stuff, developing a rich depth of flavour from the gravy stew - which works a treat with the creamy mash. Serve with a simple almond-adorned salad to balance out the richness.

Pantry items

Olive Oil, Butter, Milk
White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large ovenproof saucepan with a lid (or foil) · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
soffritto mix	1 medium bag	1 large bag
water*	1 cup	2 cups
vegetable stock powder	1 medium sachet	1 large sachet
gravy granules	1 medium sachet	1 large sachet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2769kJ (662Cal)	550kJ (131Cal)
Protein (g)	34.8g	6.9g
Fat, total (g)	34.7g	6.9g
- saturated (g)	16.5g	3.3g
Carbohydrate (g)	48.5g	9.6g
- sugars (g)	11.4g	2.3g
Sodium (mg)	1605mg	319mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1



Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Finely chop **garlic**. Set aside.
- In a medium bowl, combine **pork mince, fine breadcrumbs, Dijon mustard, garlic & herb seasoning** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

4



Make the mash

- While the meatballs are baking, bring a medium saucepan of **salted water** to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain **potato**, then set aside.
- Return saucepan to medium-high heat. Cook the **butter** and remaining **garlic** until fragrant, **1 minute**. Return **potato** to pan, then add a generous pinch of **salt** and the **milk**.
- Remove from heat, then mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled!

2



Brown the meatballs

- In a large ovenproof saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned, **4-6 minutes** (they will finish cooking in step 3!).
- Transfer to a plate.

TIP: Cook in batches if your pan is getting crowded.

5



Toss the salad

- While the potato is cooking, combine a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.
- Just before serving, add **mixed salad leaves**. Toss to combine. Sprinkle with **flaked almonds**.

3



Bake the meatballs

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until slightly softened, **3-4 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Stir in the **water, vegetable stock powder** and **gravy granules**. Bring to the boil.
- Return **meatballs** to saucepan, then cover with a lid or tightly with foil. Bake for **25-30 minutes**.
- Remove saucepan from oven. Uncover, then bake until sauce is slightly thickened, a further **5-7 minutes**. Season to taste.

TIP: If you don't have an ovenproof saucepan, transfer the mixture to a baking dish instead!

6



Serve up

- Divide slow-cooked pork meatballs and gravy stew and the garlicky mash between bowls.
- Spoon any extra gravy from the pan over meatballs.
- Serve with nutty salad. Enjoy!

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