



# Savoury Pork Meatballs with Veggie Mash

Carb Smart

30 Minutes



Ground Pork



Panko Breadcrumbs



Parsley and Thyme



Broccoli and  
Cauliflower Mix



Cheddar Cheese,  
shredded



Garlic



Red Onion



Vegetable Broth  
Concentrate



Cornstarch



Mushrooms

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

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

## Bust Out

Baking sheet, colander, measuring spoons, potato masher, aluminum foil, large pot, small bowl, measuring cups, large non-stick pan, large bowl

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Parsley and Thyme	14 g	21 g
Broccoli and Cauliflower Mix	285 g	570 g
Cheddar Cheese, shredded	¼ cup	½ cup
Garlic	6 g	12 g
Red Onion	56 g	113 g
Vegetable Broth Concentrate	1	2
Cornstarch	1 tbsp	2 tbsp
Mushrooms	113 g	227 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Cook veggies

Combine **broccoli, cauliflower, 2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



## Mushroom gravy

While the **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **mushrooms, onions** and **remaining thyme**. Season with **salt**. Cook, stirring often, until **mushrooms** are golden-brown and tender, 4-5 min. Stir together **broth concentrate, cornstarch, ¾ cup water** (dbl for 4 ppl) and **remaining garlic** in a small bowl. Add the **cornstarch mixture** to the **mushrooms**. Cook, stirring occasionally, until **mushroom gravy** has thickened slightly, 2-3 min. Season with **salt** and **pepper**.



## Prep

While the **veggies** boil, peel, then cut **half the red onion** into ¼-inch pieces (whole onion for 4 ppl). Slice the **mushrooms**. Peel, then mince the **garlic**. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from the stems. Roughly chop the **parsley**.



## Mash veggies

When the **veggies** are tender, drain and return to the same pot. Add **2 tbsp butter** (dbl for 4 ppl). Using a potato masher, mash together until creamy. Add the **cheddar cheese** and **parsley**. Season with **salt** and **pepper**, then stir to combine.



## Make and bake meatballs

Combine **pork, panko, half the thyme** and **half the garlic** in a large bowl. Season with **salt** and **pepper**. Roll **pork mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min. \*\*



## Finish and serve

Divide the **veggie mash** and **meatballs** between plates. Spoon the **mushroom gravy** over the **meatballs**.

## Dinner Solved!