



Pork Meatballs Glazed in Ballymaloe Relish

with colcannon and peas

Calorie Smart Quick Cook 30 – 35 mins

12



Pork Mince



Potatoes



Peas



Breadcrumbs



Garlic



Ballymaloe
Tomato Relish



Kale



Central American Style
Spice Mix



Pantry Items: Water, Butter, Pepper, Salt, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Potatoes	600 g	1200 g
Peas	120 g	240 g
Breadcrumbs	1 pack	1 pack
Garlic	1 unit	2 units
Ballymaloe Tomato Relish	2 pots	4 pots
Kale	80 g	160 g
Central American Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	572.6 g	100 g
Energy (kJ/kcal)	2577.3 kJ/ 616 kcal	450.1 kJ/ 107.6 kcal
Fat (g)	16.1 g	2.8 g
Sat. Fat (g)	5.7 g	1 g
Carbohydrate (g)	87.7 g	15.3 g
Sugars (g)	18.6 g	3.2 g
Protein (g)	34.9 g	6.1 g
Salt (g)	2.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks.
- Strip the leafy part of the **kale** from the stem. Tear into small pieces. Discard the stem.
- Peel and grate the **garlic** (or use a garlic press).



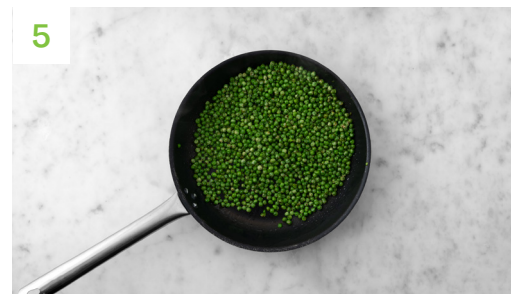
Bake the Meatballs

- Pop the meatballs onto a large (lined) baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



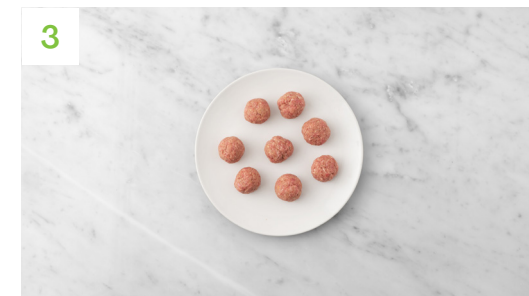
Make the Mash

- Add the **potatoes** to the boiling **water**.
- Cook until fork tender, 12-18 mins. Add the **kale** in the final 2-3 mins of cooking time.
- Drain in a colander and return to the pot, off the heat.
- Mash together with a knob of **butter** and a splash of **milk** or **water**.
- Season with **salt** and **pepper**. Cover to keep warm.



Warm the Peas

- When the meatballs have cooked for 10 mins, place a pan over medium-high heat with a drizzle of **oil**.
- Cook the **peas** for 2-3 mins. Season to taste with **salt** and **pepper**.
- Remove from the pan and cover to keep warm.
- Once the meatballs are done, return the pan to medium-high heat. Add the meatballs, **Ballymaloe relish**, a knob of **butter** and 25ml **water** (double for 4p). Coat the meatballs in the sauce.
- Season to taste with **salt** and **pepper**.



Shape the Meatballs

- Meanwhile, in a large bowl, mix the **breadcrumbs**, **Central American spice**, 2 tbsp **water** and ¼ tsp **salt** (double both for 4p).
- Add the **pork mince** and **garlic**. Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



Finish and Serve

- Divide the colcannon between plates and top with glazed meatballs.
- Serve the **peas** alongside.

Enjoy!