



### Product Spotlight: Parsnip

Back in the day, before sugar cane was around, Europeans commonly used parsnips to sweeten food. Try them once cooked; do you think they taste a little sweet?



## Pork Meatballs with Creamy Mash

Pork meatballs cooked in a mustard gravy and served over creamy potato and parsnip mash alongside cooked broccolini and carrots.



35 minutes



4 servings



Pork

## Make a one-tray!

*Roast the potatoes and carrots if you prefer for your family! Add the broccolini and meatballs for the last 10-15 minutes for a convenient one-tray!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	15g	34g	32g

## FROM YOUR BOX

MEDIUM POTATOES	800g
PARSNIP	2
SHALLOT	2
PORK MINCE	500g
DIJON MUSTARD	1 jar
CHICKEN STOCK PASTE	1 small jar
BROCCOLINI	1 bunch
CARROT	2
SPRING ONIONS	1 bunch

## FROM YOUR PANTRY

oil + butter for cooking, olive oil, salt, pepper, nutmeg (see notes), cornflour (or other), soy sauce

## KEY UTENSILS

saucepan, large frypan x 2

## NOTES

Add the broccolini and carrot to blanch, or place in a steamer basket if you have one, when cooking the potatoes.

If you don't have nutmeg you can use allspice or a dried herb like oregano instead.

Use milk instead of cooking water for the mash if you like!



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### 1. BOIL THE POTATO & PARSNIP

Peel (optional) and roughly chop **potatoes** and **parsnips**. Place in a saucepan, cover with water and bring to a boil. Simmer for 15 minutes, or until soft (see notes). To drain, see step 5.



### 2. MAKE & COOK MEATBALLS

Peel and finely chop **shallots**. Combine with **pork mince**, **1/2 tsp nutmeg**, **salt** and **pepper**. Heat a large frypan with **oil** over medium heat. Shape into 1 tbsp size meatballs. Add to pan to brown all around. Remove from pan, keep over heat.



### 3. MAKE THE GRAVY

Add **50g butter** to pan to melt. Whisk in **1 tbsp flour** then slowly pour in **1 1/2 cup water**, stirring continuously. Add **mustard**, **1/2 jar stock paste** and **2 tsp soy sauce**. Simmer for 3 minutes then return the meatballs and cook for further 5-7 minutes or until meatballs are cooked through.



### 4. COOK THE VEGGIES

Meanwhile, trim **broccolini** and slice **carrot**. Add to a pan with **1/2-1 cup water** and cook, covered, for 4-5 minutes or until tender to your liking. Transfer to a serving bowl and toss with some **olive oil** or **butter**.



### 5. MAKE THE MASH

Reserve **1/4 cup cooking water** when draining the **potatoes** and **parsnips** (see notes). Mash together and add **1-2 tbsp butter**. Finely slice and stir through **spring onions** to taste, season well with **salt** and **pepper**.



### 6. FINISH AND SERVE

Adjust gravy with **salt** and **pepper** to taste.

Serve **meatballs** and **gravy** over **mash** with a side to **broccolini** and **carrot**. Sprinkle with any remaining sliced **spring onions**.

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