



Pork Meatballs

with Sweet Potato Mash

Tender pork meatballs served with creamy sweet potato mash, fresh salad and a tangy Bavarian mustard glaze. A hearty, family-style dish with a nod to classic flavours.



30 minutes



2 servings



Pork

FROM YOUR BOX

SWEET POTATOES	400g
FESTIVAL LETTUCE	1
RED APPLE	1
LEBANESE CUCUMBER	1
PORK MINCE	500g
BAVARIAN MUSTARD	1 jar

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter

NOTES

For a family friendly style meatball, you can add some crushed garlic, dried thyme or fresh rosemary to the pork mince. This compliments the mustard sauce.

For a more adventurous flavour, add some ground cumin, paprika, caraway seeds or fennel seeds to flavour the meatballs.

You will have enough meatballs for 3–4 serves. You can reserve any leftovers and serve with a side salad, with pasta or in a bread roll the next day!

1. COOK THE SWEET POTATOES

Roughly chop **sweet potatoes** (see tip). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Drain and return potatoes to saucepan. Mash to desired consistency. Season well with **salt and pepper**.

TIP *Peel potatoes if desired. Add milk, cream, butter or olive oil for extra flavour. You can roast the sweet potatoes or make wedges if preferred.*

2. PREPARE THE SALAD

Rinse and roughly tear **lettuce**. Slice **apple** and **cucumber**. Set aside.

TIP *You can dress the salad with a simple vinaigrette or dressing of choice.*

3. COOK THE MEATBALLS

Combine **pork mince** with seasoning of choice (see notes), **salt and pepper**. Use hands to roll into 1 tbsp size meatballs. Add to a frypan over medium-high heat with **oil** and cook for 6–8 minutes until cooked through. Reduce heat to low. Add **mustard, 2–3 tbsp water**, and **2 tbsp butter** to the pan. Stir to combine. Toss meatballs in the sauce to coat.

TIP *If pan is too dry when adding mustard, use an extra splash of water to loosen the glaze. We added 1 tsp fennel seeds and 1 tsp dried rosemary to the pork mince for flavour.*

4. FINISH AND SERVE

Serve meatballs with sweet potato mash and side salad.

This recipe has simplified instructions to help lower your meal cost.