



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



4 servings



Pork

FROM YOUR BOX

SWEET POTATOES	800g
FESTIVAL LETTUCE	1
RED APPLE	1
LEBANESE CUCUMBERS	2
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.

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 **cucumbers**. 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.