



MARLEY SPOON



Pork Meatballs and Kale Mash

with Onion and Pea Gravy

 20-30min  4 Portions

Meatballs always hit the right notes - they're hearty, comforting and downright tasty. A peppery mash makes them even better, especially when it's mixed with shreds of healthy kale. Heralded as a superfood, this green veggie is full of goodness, including Vitamins K, A and C and plenty of trace minerals too. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using t...

What we send

- baby kipfler potatoes
- Italian pork sausage ¹⁷
- onion
- kale
- cornflour ¹⁷
- green peas
- chicken-style stock cube
- mint

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large deep frypan or saucepan with lid
- medium saucepan
- potato masher
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If not everyone loves kale, cook the kale separately in boiling salted water for 5 mins or until tender. Drain well and serve separately with a knob of butter.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 715.0kcal, Fat 49.8g, Proteins 28.5g, Carbs 33.5g



1. Boil potatoes

Cut the **unpeeled potatoes** into 3cm chunks. Put in a medium saucepan, cover with cold salted water and bring to the boil, then cook for 15 mins or until tender. Drain, return to the pan and set aside. Meanwhile, remove the centre stems from the **kale** and finely shred the leaves. Thinly slice the **onion**.



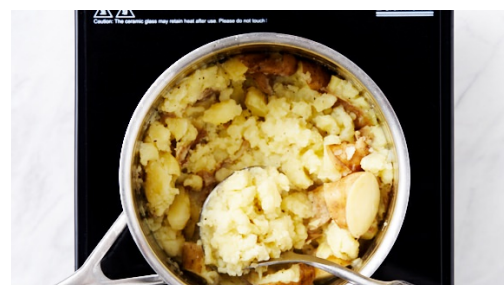
4. Cook meatballs and gravy

Add the **stock mixture** to the pan, stirring, and bring to a simmer. Cook, covered, for 5 mins or until the meatballs are cooked through and the sauce has thickened. Add the **peas** and cook for 1 min or until heated through.



2. Brown meatballs

Squeeze the meat from the **sausages** into a bowl, discarding the casings. Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion**, stirring, for 5 mins or until golden. Scoop teaspoons of the sausage meat into small meatballs and cook, tossing, for 5 mins or until browned.



5. Mash potatoes

Return the potatoes to low heat and cook for 30 secs to evaporate any remaining water. Add **1 tbs olive oil** and the **reserved stock**, season with **salt** and **1 tsp cracked black pepper** and mash until smooth and creamy.



3. Prepare stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to combine. Reserve **200ml of the stock** for the kale mash. Add the **cornflour** to the **remaining stock** and stir well to combine.



6. Get ready to serve

Add the **kale** to the mash (see cooking tip) and cook for 5 mins or until the kale has softened. Divide the **kale mash**, **meatballs** and **onion and pea gravy** among plates. Finely chop the **mint**, discarding the stems, and scatter over to serve.