



Body

Mind

Recovery

Nutrition

Meatballs in Bacon & Onion Gravy with Cheesy Mash & Broccoli

Meal Prep/Freezer Friendly

Nut Free

High Protein

Serves
2

Prep Time
15 minutes

Cook Time
30 minutes





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01:56

Ingredients

- 1 lb. (450g) potatoes, peeled chopped
- ½ tsp. salt
- 2 tsp. Herbs de Provence
- 2 tbsp. breadcrumbs
- 4.2 oz. (120g) pork, minced
- 4.2 oz. (120g) beef, minced
- salt & pepper
- 2 tbsp. olive oil
- ½ red onion, diced
- 2 oz. (60g) smoked bacon, chopped
- ½ cup (120ml) water
- 1 chicken stock cube
- ¼ cup (30g) cheddar cheese, grated
- 2 tbsp. milk
- ½ broccoli head, florets

Nutrition (Per Serving)

Calories	Fats	Protein	Carbs
408	23 g	21 g	32 g

Instructions

1. Preheat the oven to 400°F (200°C). Prepare a large baking sheet lined with baking paper.
2. Bring a large pot of water to the boil and add ½ teaspoon of salt. Add the chopped potatoes and cook for 15-20 minutes until tender. Once cooked, drain and set aside.



4. Place

until

5. Mear

and t



gravy reduces and thickens.

6. Bring a pot of water to a boil and cook the broccoli for 3-4 minutes until tender, then drain and set aside.

7. Mash the potatoes and stir through the grated cheese and milk. Season to taste with salt and pepper and set aside.

8. To serve, divide the mashed potatoes between 2 plates, top with meatballs and gravy and serve with a side of broccoli.