



BBQ & Cherry-Glazed Pork Meatballs

with Potato Wedges & Creamy Slaw

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Cherry Sauce



BBQ Sauce



Apple



Parsley



Slaw Mix



Mayonnaise



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

Round out the warmer months with spectacular pork meatballs, drizzled with a sticky-sweet cherry and BBQ glaze. And for the real 'cherry' on top, we've added wedges and a creamy apple slaw for crunch and depth of flavour to boot!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	1 sachet
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Aussie spice blend	1 sachet	1 sachet
cherry sauce	1 packet	1 packet
BBQ sauce	1 packet (40g)	1 packet (80g)
apple	1	2
parsley	1 bag	1 bag
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2953kJ (706Cal)	511kJ (122Cal)
Protein (g)	36.4g	6.3g
Fat, total (g)	29.6g	5.1g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	78.3g	13.5g
- sugars (g)	39g	6.7g
Sodium (mg)	1602mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775Cal)	561kJ (134Cal)
Protein (g)	40.6g	7g
Fat, total (g)	34.1g	5.9g
- saturated (g)	10.5g	1.8g
Carbohydrate (g)	78.3g	13.5g
- sugars (g)	39g	6.7g
Sodium (mg)	1567mg	271mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW35

1



Bake the wedges

- Preheat oven to **220°C/200°C fan-forced**. Cut **potato** into wedges, then place on a lined oven tray.
- Sprinkle with **garlic & herb seasoning**, season with **salt**, drizzle generously with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.

Little cooks: Help with sprinkling over the seasoning and tossing the wedges.

4



Prep the slaw

- While the meatballs are cooking, slice **apple** into thin sticks. Roughly chop **parsley**.

2



Make the meatballs

- Meanwhile, combine **pork mince**, **fine breadcrumbs**, the **egg**, **Aussie spice blend** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped from pork mince to beef mince, prep in the same way.

5



Make the slaw

- In a large bowl, combine **slaw mix**, **apple**, **parsley**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove the pan from heat, then add **cherry sauce** and **BBQ sauce**, turning **meatballs** to coat.

Custom Recipe: Cook the beef meatballs in the same way as above.

6



Serve up

- Divide creamy slaw between bowls. Top with BBQ and cherry-glazed pork meatballs and potato wedges.
- Spoon any remaining glaze from the pan over meatballs to serve. Enjoy!

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