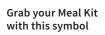


BBQ & Cherry-Glazed Pork Meatballs with Potato Wedges & Creamy Slaw

KID FRIENDLY

BESTSELLER









Seasoning





Pork Mince

Fine Breadcrumbs



Aussie Spice



Cherry Sauce









Parsley



Mayonnaise





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!

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

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	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.





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.



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.



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.



Prep the slaw

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



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.



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!

