



Honey, Soy & Ginger Pork Meatballs

with Ponzu & Celery Slaw

BESTSELLER

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Pork Mince



Panko Breadcrumbs



Ginger Paste



Chicken-Style Stock Powder



Celery



Fresh Chilli (Optional)



Mayonnaise



Ponzu Sauce



Slaw Mix



Baby Spinach Leaves



Crushed Peanuts



Spring Onion



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart*

*Custom Recipe is not Carb Smart

Revisit the classic honey-soy duo, but add a signature HelloFresh twist! We've created tender pork meatballs, which we add to a vibrant and crunchy celery slaw with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus. Sprinkle over some crushed peanuts and go for your life.

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

Pantry items

Olive Oil, Honey, Soy Sauce, Egg

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 veggie in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	¼ cup
water*	1 tbs	2 tbs
pork mince	1 packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
ginger paste	1 medium packet	1 large packet
egg*	1	2
chicken-style stock powder	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
fresh chilli (optional) 🌶️	½	1
mayonnaise	1 medium packet	1 large packet
ponzu sauce	1 packet (30g)	1 packet (60g)
slaw mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 packet	2 packets
spring onion	1 stem	2 stems
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2344kJ (560Cal)	607kJ (145Cal)
Protein (g)	36.8g	9.5g
Fat, total (g)	34.2g	8.9g
- saturated (g)	7.9g	2g
Carbohydrate (g)	31.9g	8.3g
- sugars (g)	13.9g	3.6g
Sodium (mg)	2033mg	526mg
Dietary Fibre (g)	5.9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2635kJ (630Cal)	682kJ (163Cal)
Protein (g)	41g	10.6g
Fat, total (g)	38.7g	10g
- saturated (g)	10.8g	2.8g
Carbohydrate (g)	31.9g	8.3g
- sugars (g)	13.9g	3.6g
Sodium (mg)	2012mg	521mg

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



1



Get prepped

- Finely chop **garlic**.
- In a small bowl, combine the **honey, soy sauce, water** and half the **garlic**. Set aside.

Little cooks: Take charge by combining the sauces!

3



Cook the meatballs

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**.
- In the last **minute** of cook time, add the **honey-soy mixture** and cook, stirring, until the meatballs are coated in the sauce. Remove from heat.
- Meanwhile, thinly slice **celery**. Thinly slice **fresh chilli** (if using).
- In a medium bowl, combine **mayonnaise, ponzu sauce, celery, slaw mix, baby spinach leaves** and **crushed peanuts**. Season with **salt** and **pepper**. Toss to coat.

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

2



Make the meatballs

- In a large bowl, combine **pork mince, panko breadcrumbs** (see **ingredients**), **ginger paste**, the **egg, chicken-style stock powder** and remaining **garlic**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you swapped to beef mince, prep the beef meatballs in the same way as above.

4



Serve up

- Thinly slice **spring onion**.
- Divide ponzu celery slaw between bowls. Top with honey, soy and ginger pork meatballs.
- Spoon over any remaining glaze from the pan.
- Garnish with **chilli** and spring onion to serve. Enjoy!

Little cooks: Help sprinkle over the spring onion.

Rate your recipe

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