



Mumbai Pork Meatballs & Bombay Veggie Toss

with Garlic Yoghurt & Flaked Almonds

NEW

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato



Carrot



Cauliflower



Curry Powder



Flaked Almonds



Garlic



Pork Mince



Mumbai Spice Blend



Fine Breadcrumbs



Greek-Style Yoghurt



Baby Spinach Leaves



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

**Custom Recipe is not Calorie Smart or Dietitian Approved*



It may not look like there's much to this bowl but you'll be surprised by the depth of flavour in the pork meatballs, like the mouth watering spices for both the meatballs and roasted veggies. There's even garlic aromas in the yoghurt, perfect for drizzling over.

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

Pantry items

Olive Oil, Egg, Honey, 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
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
curry powder	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
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)	2583kJ (617Cal)	401kJ (96Cal)
Protein (g)	42.6g	6.6g
Fat, total (g)	21.9g	3.4g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	63.4g	9.8g
- sugars (g)	22.4g	3.5g
Sodium (mg)	511mg	79mg
Dietary Fibre (g)	9.6g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	446kJ (107Cal)
Protein (g)	46.9g	7.3g
Fat, total (g)	26.4g	4.1g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	63.4g	9.8g
- sugars (g)	22.4g	3.5g
Sodium (mg)	490mg	76mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Chop **cauliflower** (including stalk!) into small florets.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, then sprinkle over **curry powder** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**. In the last **5 minutes**, add **flaked almonds** to one side of the tray and roast until golden. Transfer **almonds** to a bowl after toasting.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Cook the meatballs

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **pork meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat. Add the **honey** and turn **meatballs** to coat.

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

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **pork mince**, **Mumbai spice blend**, **fine breadcrumbs**, the **egg**, half the **garlic** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, prep beef meatballs in the same way as pork meatballs!

5



Bring it all together

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the **roast veggies**. Season and toss to combine.

3



Make the garlic yoghurt

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and stir to combine. Season to taste and set aside.

6



Serve up

- Divide Bombay roast veggie toss between bowls.
- Top with Mumbai pork meatballs and garlic yoghurt.
- Sprinkle over toasted almonds to serve. Enjoy!

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