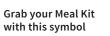


Mumbai Pork Meatballs & Bombay Veggie Toss

with Garlic Yoghurt & Flaked Almonds

DIETITIAN APPROVED*













Cauliflower



Curry Powder





Flaked Almonds





Pork Mince

Mumbai Spice Blend





Fine Breadcrumbs

Greek-Style Yoghurt





Baby Spinach Leaves

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.



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

4 People refer to method
refer to method
4
2
1 portion (400g)
2 sachets
2 packets
6 cloves
1 packet
2 medium sachets
1 large packet
2
1 large packet
2 tsp
1 large bag
drizzle
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 Pooino		

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

2024 | CW03



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.



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!



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.



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.



Bring it all together

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



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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