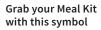


One-Pan Saucy Baked Pork Meatballs with Chilli Panini & Cucumber Salad



KID FRIENDLY NEW



Pantry items Olive Oil, Egg, Butter, Brown Sugar,

Balsamic Vinegar

Prep in: 15-25 mins Ready in: 30-40 mins

Take the hassle out of meatballs by baking them and the rich tomato sauce in the oven. They'll get toasty and warm, ready to serve with a sprinkling of Parmesan that will be sure to melt on top. We wouldn't want a single bit to go to waste so mop it up with a slice of chilli panini.

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

Medium or large baking dish

Ingredients

U		
	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
wholemeal panini	1	2
butter*	40g	80g
chilli flakes (optional) 🥖	1 pinch	1 pinch
chopped tomatoes	½ tin	1 tin
chicken-style stock powder	½ sachet	1 sachet
garlic paste	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
carrot	1	2
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	559kJ (133Cal)
Protein (g)	42g	7.8g
Fat, total (g)	38g	7.1g
- saturated (g)	19.5g	3.6g
Carbohydrate (g)	49.7g	9.2g
- sugars (g)	13g	2.4g
Sodium (mg)	1634mg	304mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3210kJ (767Cal)	583kJ (139Cal)
Protein (g)	46.3g	8.4g
Fat, total (g)	41.4g	7.5g
- saturated (g)	21.7g	3.9g
Carbohydrate (g)	49.7g	9g
- sugars (g)	13g	2.4g
Sodium (mg)	1726mg	313mg

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.

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Bake the meatballs

- Preheat oven to 240°C/220°C fan-forced.
- In a medium bowl, combine pork mince, Aussie spice blend, fine breadcrumbs and the egg.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).
- Transfer meatballs to a baking dish. Drizzle with olive oil and turn to coat. Bake until browned. 15-20 minutes.

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



Toss the salad

- Slice cucumber into half-moons. Grate carrot.
- In a second medium bowl, combine mixed salad leaves, cucumber, carrot and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Make it saucy

- While the meatballs are baking, slice wholemeal panini into quarters.
- In a microwave-safe bowl, combine half the **butter** and a pinch of **chilli** flakes (if using). Microwave in 10 second bursts or until melted. Season with salt. Brush chilli butter over the cut sides of the panini.
- Remove meatballs from oven, then add chopped tomatoes (see ingredients), chicken-style stock powder (see ingredients), garlic paste, the brown sugar and remaining butter.
- Turn meatballs to coat, then bake until sauce is slightly thickened, a further 8-10 minutes.
- Meanwhile, place **panini** directly on a wire oven rack and bake until golden, 6-7 minutes.



Serve up

- Divide saucy baked pork meatballs and cucumber salad between plates.
- Top meatballs with grated Parmesan cheese. Serve with toasted chilli butter panini. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

Custom Recipe: If you've doubled your grated Parmesan cheese, sprinkle over the meatballs as above.

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