



One-Pan Saucy Baked Pork Meatballs

with Chilli Panini & Cucumber Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



Wholemeal Panini



Chilli Flakes (Optional)



Chopped Tomatoes



Chicken-Style Stock Powder



Garlic Paste



Cucumber



Carrot



Mixed Salad Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese

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.

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

Pantry items

Olive Oil, Egg, Butter, Brown Sugar, Balsamic 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

Medium or large baking dish

Ingredients

	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.

We're here to help!

Scan here if you have any questions or concerns



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1



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!

3



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.

2



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**.

4



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.

Rate your recipe

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