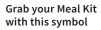


# One-Pan Saucy Baked Pork Meatballs with Chilli Panini & Cucumber Salad



**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

<b>U</b>		
	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 2024 | CW04



#### 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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