



Herby Pork Meatballs & Cauliflower Rice

with Tomato & Leek Sauce

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Celery



Garlic



Pork Mince



Herb & Mushroom Seasoning



Fine Breadcrumbs



Cauliflower Rice



Tomato Paste



Chicken-Style Stock Powder



Baby Spinach Leaves



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

How many meatballs are too many? The answer is you can never have enough of these herb-infused pork meatballs covered in our tomato and leek sauce. Cauliflower rice flavoured with garlic creates the perfect accompaniment, resulting in a dish which will leave your appetite content.

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

Pantry items

Olive Oil, Butter, Brown Sugar

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
butter*	40g	80g
cauliflower rice	1 bag (250g)	1 bag (500g)
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
baby spinach leaves	1 small bag	1 medium bag
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)	2092kJ (500Cal)	492kJ (118Cal)
Protein (g)	31.7g	7.5g
Fat, total (g)	30.9g	7.3g
- saturated (g)	16g	3.8g
Carbohydrate (g)	19.9g	4.7g
- sugars (g)	11.3g	2.7g
Sodium (mg)	1285mg	302mg
Dietary Fibre (g)	3.5g	0.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2383kJ (570Cal)	561kJ (134Cal)
Protein (g)	35.9g	8.5g
Fat, total (g)	35.4g	8.3g
- saturated (g)	18.9g	4.4g
Carbohydrate (g)	19.9g	4.7g
- sugars (g)	11.3g	2.7g
Sodium (mg)	1264mg	298mg
Dietary fibre	3.5g	0.8g

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 | CW05



Get prepped

- Thinly slice **leek**.
- Finely chop **celery** and **garlic**.



Make the cauliflower rice

- Meanwhile, heat a second large frying pan over medium-high heat with half the **butter** and a drizzle of **olive oil**.
- Cook half the **garlic** until fragrant, **1 minute**. Add **cauliflower rice** and cook until softened, **2-4 minutes**. Season to taste and set aside.



Prep the meatballs

- In a medium bowl, combine **pork mince**, **herb & mushroom seasoning** and **fine breadcrumbs** (see ingredients).
- 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 your pork mince to beef mince, prep in the same way as above.



Cook the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **leek** and **celery**, stirring, until softened, **5-6 minutes**.
- Add the remaining **garlic** and **tomato paste**, and cook until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder**, the remaining **butter**, **brown sugar** and the **water**, and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat and add **baby spinach leaves**, stirring, until slightly wilted.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm.

Custom Recipe: Cook beef meatballs in batches for best results.



Serve up

- Divide cauliflower rice between bowls and top with herby pork meatballs.
- Pour over tomato and leek sauce. Enjoy!

Rate your recipe

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