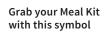


Herby Pork Meatballs & Cauliflower Rice with Tomato & Leek Sauce

NEW

CLIMATE SUPERSTAR



















Herb & Mushroom Seasoning

Fine Breadcrumbs





Cauliflower Rice

Tomato Paste





Chicken-Style Stock Powder

Baby Spinach





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. **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

| ingi ediente | | | | |
|---------------------------------|-----------------|--------------------------------------|--|--|
| | 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.



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 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.



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.



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.



Serve up

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



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate