



Asian-Style Plum Pork Meatballs & Ponzu Slaw

with Crushed Peanuts & Mayonnaise

NEW

Grab your Meal Kit with this symbol



Carrot



Pork Mince



Fine Breadcrumbs



Sweet Soy Seasoning



Garlic Paste



Plum Sauce



Shredded Cabbage Mix



Baby Spinach Leaves



Ponzu Sauce



Mayonnaise



Crushed Peanuts



Beef Mince

Prep in: 15-25 mins
Ready in: 20-30 mins



Calorie Smart*

*Custom recipe is not Calorie Smart

Delight your palate with our Asian-style plum pork meatballs, perfectly complemented by a flavourful ponzu slaw. Each bite is a harmonious dance of flavours, combining the savoury richness of the meatballs with the refreshing crunch of the slaw, transporting your taste buds on a culinary journey!

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

Pantry items

Olive Oil, Egg, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 large packet	2 large packets
egg*	1	2
plum sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
ponzu sauce	1 packet (30g)	1 packet (60g)
vinegar* (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
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)	2708kJ (647Cal)	609kJ (146Cal)
Protein (g)	37.6g	8.4g
Fat, total (g)	34.7g	7.8g
- saturated (g)	8.9g	2g
Carbohydrate (g)	44.5g	10g
- sugars (g)	24.1g	5.4g
Sodium (mg)	2041mg	459mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2999kJ (717Cal)	674kJ (161Cal)
Protein (g)	41.8g	9.4g
Fat, total (g)	39.2g	8.8g
- saturated (g)	11.8g	2.7g
Carbohydrate (g)	44.5g	10g
- sugars (g)	24.1g	5.4g
Sodium (mg)	2020mg	454mg

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

1



Get prepped

- Grate **carrot**.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **sweet soy seasoning**, **garlic paste** and the **egg**.
- 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 pork mince to beef mince, prep in the same way as above.

3



Toss the slaw

- Meanwhile, combine **shredded cabbage mix**, **baby spinach leaves**, **carrot**, **ponzu sauce** and a drizzle of **vinegar** and **olive oil** in a large bowl.

2



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).
- Remove pan from heat, then add **plum sauce** and the **soy sauce** and stir to combine.

Custom Recipe: Cook beef meatballs in the same way as above.

4



Serve up

- Divide ponzu slaw between bowls. Top with Asian plum meatballs and pour over any remaining sauce from pan.
- Dollop over **mayonnaise** and sprinkle over **crushed peanuts**. Enjoy!

Rate your recipe

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