



Hearty Louisiana Pork Meatball Sub

with Avocado Salad & Chilli Corn Cobs

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Corn



Avocado



Pork Mince



Fine Breadcrumbs



Louisiana Spice Blend



Mixed Salad Leaves



Brioche Hotdog Buns



Garlic Aioli



Chilli Flakes (Optional)



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Indulge in the bold flavours of this Louisiana inspired sub, where succulent pork meatballs are nestled within a soft, toasted brioche bun with garlic aioli and avocado salad. Accompanied by chilli-flecked corn cobs, this dish offers a tantalizing fusion of Louisiana spices and savoury goodness that's sure to have you coming back for seconds!

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

Pantry items

Olive Oil, Egg, White Wine Vinegar, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	2	4
avocado	1 (small)	1 (large)
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
egg*	1	2
mixed salad leaves	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
brioche hotdog buns	2	4
garlic aioli	1 large packet	2 large packets
butter*	20g	40g
chilli flakes (optional) 🌶️	pinch	pinch
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5833kJ (1394Cal)	825kJ (197Cal)
Protein (g)	52.2g	7.4g
Fat, total (g)	90.7g	12.8g
- saturated (g)	29.1g	4.1g
Carbohydrate (g)	86.9g	12.3g
- sugars (g)	24.6g	3.5g
Sodium (mg)	1744mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6191kJ (1480Cal)	851kJ (203Cal)
Protein (g)	56.8g	7.8g
Fat, total (g)	98.2g	13.5g
- saturated (g)	33.6g	4.6g
Carbohydrate (g)	86.9g	12g
- sugars (g)	24.6g	3.4g
Sodium (mg)	1882mg	259mg

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 | CW08

1



Roast the corn

- Preheat oven to **240°C/220°C fan-forced**. Cut **corn cobs** in half.
- Place **corn** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and toss to coat.
- Roast until tender and slightly charred, **15-20 minutes**.

3



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).
- Meanwhile, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl. Season.
- While the meatballs are cooking, slice **brioche hotdog buns** in half lengthways, three quarters of the way through. Bake buns directly on a wire oven rack until heated through, **5-7 minutes**.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **Louisiana spice blend**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

4



Serve up

- Spread **garlic aioli** on both cut sides of the buns, then fill buns with Louisiana pork meatballs, avocado and mixed salad leaves.
- Spread the **butter** over corn cobs. Garnish with a pinch of **chilli flakes** (if using).
- Divide Louisiana pork meatball sub and chilli corn cobs between plates. Enjoy!

Custom Recipe: If you've added shredded Cheddar cheese, sprinkle it over the subs or corn to serve.

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