



Spiced Pork & Parmesan Meatballs

with Cucumber Salad & Herby Mayo

NEW



Grab your Meal Kit with this symbol



Cucumber



Carrot



Baby Leaves



Pork Mince



Aussie Spice Blend



Grated Parmesan Cheese



Fine Breadcrumbs



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Beef Mince

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

Carb Smart

We've put a spin on pork meatballs with the addition of leafy greens and Parmesan cheese for this flavour-packed dish! These meatballs speak for themselves - a simple cucumber salad and a drizzle of herby mayo are all they need to make up the perfect bite.

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

Pantry items

Olive Oil, Egg, Honey, Balsamic Vinegar

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
cucumber	1	1
carrot	1	2
baby leaves	1 small packet	1 medium packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2182kJ (522Cal)	545kJ (130Cal)
Protein (g)	36.9g	9.2g
Fat, total (g)	33.1g	8.3g
- saturated (g)	9.2g	2.3g
Carbohydrate (g)	19.2g	4.8g
- sugars (g)	5g	1.2g
Sodium (mg)	927mg	231mg
Dietary Fibre (g)	5.7g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2473kJ (591Cal)	617kJ (147Cal)
Protein (g)	41.1g	10.3g
Fat, total (g)	37.6g	9.4g
- saturated (g)	12.1g	3g
Carbohydrate (g)	19.2g	4.8g
- sugars (g)	5g	1.2g
Sodium (mg)	906mg	226mg
Dietary fibre	5.7g	1.4g

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 | CW12



Get prepped

- Thinly slice **cucumber**. Using a vegetable peeler, slice **carrot** into ribbons. Finely chop **baby leaves**.



Cook the meatballs

- In a large frying pan, heat a 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). Set aside.
- In a large bowl, combine the **honey** and a drizzle of **balsamic vinegar** and **olive oil**. Add **mixed salad leaves, cucumber** and **carrot**. Toss to combine and season to taste.



Make the meatballs

- In a medium bowl, combine **pork mince, Aussie spice blend, grated Parmesan cheese, baby leaves, fine breadcrumbs** 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 to beef mince, follow step as above.



Serve up

- Divide cucumber salad between bowls. Top with Parmesan pork meatballs.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

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