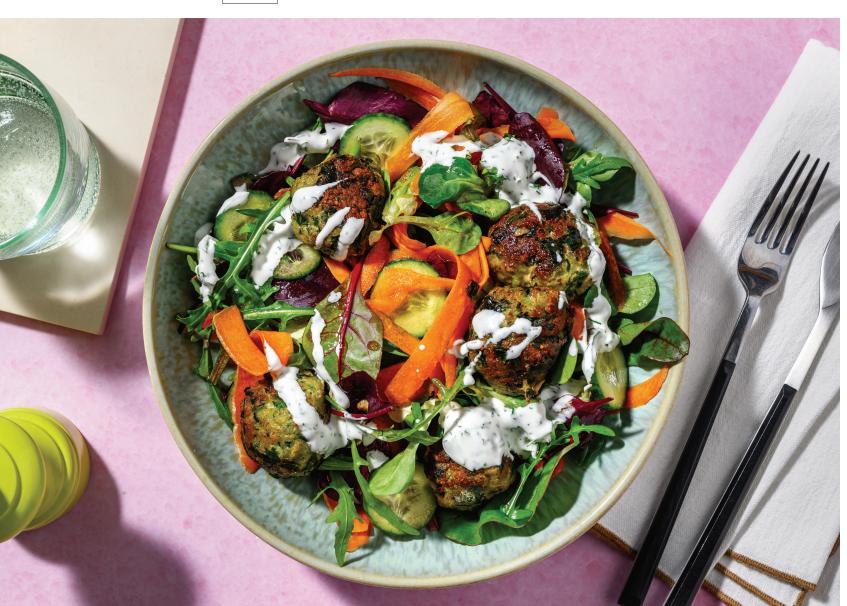


Spiced Pork & Parmesan Meatballs with Cucumber Salad & Herby Mayo



Grab your Meal Kit with this symbol













Baby Leaves

Pork Mince





Aussie Spice Blend





Fine Breadcrumbs





Dill & Parsley Mayonnaise



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.



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

3		
	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		

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







Get prepped

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



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.



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.



Serve up

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

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