



# Spiced Pork Meatballs & Caramelised Onion

with Lemon Pepper Wedges & Corn Slaw

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Spice Blend



Carrot



Onion



Sweetcorn



Pork Mince



Fine Breadcrumbs



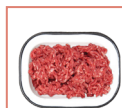
Louisiana Spice Blend



Slaw Mix



Mayonnaise



Beef Mince

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins  
Ready in: 30-40 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

We are in love with these plump and flavoursome pork meatballs. Not only are they dazzling with caramelised onions on top but they're also the perfect companion for zesty and peppery potato wedges. Our hearts and tastebuds are fluttering with anticipation.

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

### Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, White Wine 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon pepper spice blend	1 sachet	1 sachet
carrot	1	2
onion	½	1
sweetcorn	1 tin	1 tin
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
<b>egg*</b>	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
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)	2689kJ (643Cal)	421kJ (101Cal)
Protein (g)	35.3g	5.5g
Fat, total (g)	25.7g	4g
- saturated (g)	7g	1.1g
Carbohydrate (g)	65.7g	10.3g
- sugars (g)	24.8g	3.9g
Sodium (mg)	1443mg	226mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2980kJ (712Cal)	467kJ (112Cal)
Protein (g)	39.5g	6.2g
Fat, total (g)	30.2g	4.7g
- saturated (g)	9.9g	1.6g
Carbohydrate (g)	65.7g	10.3g
- sugars (g)	24.8g	3.9g
Sodium (mg)	1423mg	223mg

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](https://www.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 | CW01



1



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place on a lined oven tray and sprinkle over **lemon pepper spice blend**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**Little cooks:** Kids can help sprinkle over the spice blend.

4



## Caramelise the onion

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar, brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

2



## Get prepped

- Meanwhile, grate **carrot**. Thinly slice **onion** (see ingredients). Drain **sweetcorn**.
- 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.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

**Custom Recipe:** If you've swapped from pork mince to beef mince, prep as above.

5



## Make the slaw

- In a second medium bowl, combine **slaw mix, carrot, corn, mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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).
- Transfer to a plate and cover to keep warm.

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

6



## Serve up

- Divide pork meatballs, lemon pepper potato wedges and corn slaw between plates.
- Top meatballs with caramelised onion to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)