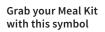


Honey, Soy & Ginger Pork Meatballs with Ponzu Slaw & Peanuts

KID FRIENDLY

AIR FRYER FRIENDLY













Fresh Chilli

Carrot

(Optional)



Fine Breadcrumbs







Ginger Paste

Chicken-Style Stock Powder



Mayonnaise

Ponzu Sauce





Shredded Cabbage

Baby Leaves



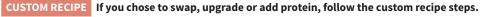


Crushed Peanuts

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



Fragrance, aromas and flavours, tick all those boxes with these pork meatballs. The honey-soy glaze adds a touch of sweet and salty goodness, perfect for ginger pork meatballs. That's a wrap on our dinner to-do list!



Pantry items

Olive Oil, Honey, Soy Sauce, Egg

Recipe Update Due to local availability,

we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer lined with foil or large frying pan

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
pear	1	2		
fresh chilli / (optional)	1/2	1		
carrot	1	2		
honey*	1 tbs	2 tbs		
soy sauce*	2 tbs	¼ cup		
water*	1 tbs	2 tbs		
pork mince	1 medium packet	2 medium packets OR 1 large packet		
fine breadcrumbs	1 medium packet	1 large packet		
ginger paste	1 medium packet	1 large packet		
egg*	1	2		
chicken-style stock powder	1 medium sachet	1 large sachet		
mayonnaise	1 medium packet	1 large packet		
ponzu sauce	1 medium packet	1 large packet		
shredded cabbage mix	1 medium packet	1 large packet		
baby leaves	1 small packet	1 medium packet		
crushed peanuts	1 medium packet	2 medium packets		
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)	2616kJ (625Cal)	565kJ (135Cal)
Protein (g)	37g	8g
Fat, total (g)	34.2g	7.4g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	39.7g	8.6g
- sugars (g)	21.5g	4.6g
Sodium (mg)	1939mg	419mg
Dietary Fibre (g)	8g	1.7g

Custom Recipe

Per Serving	Per 100g
2907kJ (695Cal)	628kJ (150Cal)
41.3g	8.9g
38.7g	8.4g
11.6g	2.5g
39.7g	8.6g
21.5g	4.6g
1904mg	411mg
8g	1.7g
	2907kJ (695Cal) 41.3g 38.7g 11.6g 39.7g 21.5g 1904mg

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.



Get prepped

- Finely chop garlic. Thinly slice pear and fresh chilli (if using). Grate carrot.
- In a small bowl, combine the honey, soy sauce, water and half the garlic.
 Set aside.

Little cooks: Take charge by combining the sauces!



Cook the meatballs

- Use an air fryer! Set your air fryer to 200°C. Line the base of air fryer basket with foil. Place meatballs evenly into air fryer basket then glaze or top with honey soy mixture. Cook until cooked through, 8-10 minutes (cook in batches if needed).
- Meanwhile, in a medium bowl, combine mayonnaise, ponzu sauce, pear, carrot, shredded cabbage mix, baby leaves and crushed peanuts. Season with salt and pepper. Toss to coat.

TIP: No air fryer? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook meatballs, turning occasionally, until browned and cooked through, 8-10 minutes. In the last minute of cook time, add honey-soy mixture and cook, stirring, until meatballs are coated. Remove pan from heat.



Make the meatballs

- In a large bowl, combine pork mince, fine breadcrumbs, ginger paste, the egg, chicken-style stock powder and remaining garlic.
- 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 ponzu pear slaw between plates. Top with honey, soy and ginger pork meatballs.
- Spoon over any remaining glaze from the pan and garnish with chilli to serve. Enjoy!

