



Honey, Soy & Ginger Pork Meatballs

with Ponzu Slaw & Peanuts

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Pear



Fresh Chilli (Optional)



Carrot



Pork Mince



Fine Breadcrumbs



Ginger Paste



Chicken-Style Stock Powder



Mayonnaise



Ponzu Sauce



Shredded Cabbage Mix



Baby Leaves



Crushed Peanuts



Beef Mince

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!

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

Carb Smart*
**Custom Recipe is not Carb Smart*

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!

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

Pantry items

Olive Oil, Honey, Soy Sauce, Egg

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
pear	1	2
fresh chilli 🌶️ (optional)	½	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2907kJ (695Cal)	628kJ (150Cal)
Protein (g)	41.3g	8.9g
Fat, total (g)	38.7g	8.4g
- saturated (g)	11.6g	2.5g
Carbohydrate (g)	39.7g	8.6g
- sugars (g)	21.5g	4.6g
Sodium (mg)	1904mg	411mg
Dietary fibre	8g	1.7g

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.

1



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!

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

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