



Quick Honey-Soy & Ginger Pork Meatballs

with Ponzu Slaw & Peanuts

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

12



Garlic



Celery



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

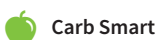


Beef Mince



Pork Mince

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



Fragrance, aromas and flavours, we can 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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
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	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2626kJ (628Cal)	530kJ (127Cal)
Protein (g)	35.3g	7.1g
Fat, total (g)	35.5g	7.2g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	38.6g	7.8g
- sugars (g)	22.7g	4.6g
Sodium (mg)	1976mg	399mg
Dietary Fibre (g)	7.9g	1.6g

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 | CW31



1



Get prepped

- Finely chop **garlic** and **celery**. 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

- Set your air fryer to **200°C**. Place **meatballs** evenly into air fryer basket then glaze or top with **honey soy mixture**. Cook until cooked through, **8-10 minutes**.
- Meanwhile, in a medium bowl, combine **mayonnaise, ponzu sauce, pear, carrot, celery, shredded cabbage mix, baby leaves** and **crushed peanuts** (**see ingredients**). Season with **salt** and **pepper**. Toss to coat.

TIP: No air fryer? Heat a large frying pan over medium-high heat with a drizzle of olive oil. 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.

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

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.

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.
- Garnish with **chilli** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

