

AIR FRYER FRIENDLY

KID FRIENDLY











Fine Breadcrumbs





Pork Mince

Ginger Paste



Chicken-Style Stock Powder





Fresh Chilli (Optional)





Ponzu Sauce







Slaw Mix

Baby Leaves



Spring Onion

Crushed Peanuts

Pantry items

Olive Oil, Honey, Soy Sauce, Egg



Ready in: 25-35 mins

Carb Smart

Revisit the classic honey-soy duo, but add a signature HelloFresh twist! We've created tender pork meatballs, which we add to a vibrant and creamy slaw with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus. Sprinkle over some spring onion and go for your life.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
honey*	1 tbs	2 tbs	
soy sauce*	1 tbs	2 tbs	
water*	1 tbs	2 tbs	
fine breadcrumbs	1 medium packet	1 large packet	
pork mince	1 medium packet	2 medium packets OR 1 large packet	
egg*	1	2	
ginger paste	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
pear	1	2	
celery	1 stalk	2 stalks	
fresh chilli (optional) 🌶	1/2	1	
plant-based mayo	1 medium packet	2 medium packets OR 1 large packet	
ponzu sauce	1 medium packet	1 large packet	
slaw mix	1 medium packet	1 large packet	
baby leaves	1 small packet	1 medium packet	
crushed peanuts	1 packet	2 packets	
spring onion	1 stem	2 stems	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2537kJ (606cal)	333kJ (80cal)
Protein (g)	36.9g	4.8g
Fat, total (g)	38.3g	5g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	30.2g	4g
- sugars (g)	16g	2.1g
Sodium (mg)	2010mg	264.1mg
Dietary Fibre (g)	5.8g	0.8g

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.
- In a small bowl, combine the honey, soy sauce, water and half the garlic.
 Set aside.

Little cooks: Take charge by combining the sauces!



Make the slaw

- Meanwhile, thinly slice **pear**, **celery** and **fresh chilli** (if using).
- In a medium bowl, combine plant-based mayo, ponzu sauce, pear, celery, slaw mix, baby leaves and crushed peanuts.
- Season with salt and pepper. Toss to coat.



Cook the meatballs

- In a large bowl, combine fine breadcrumbs, pork mince, the egg, ginger paste, 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.
- Set your air fryer to 200°C. Place meatballs into air fryer basket and cook until cooked through, 8-10 minutes. Add the honey-soy mixture and stir until the meatballs are coated in the sauce.

TIP: No air fryer? Heat a frying pan over medium-high heat with a drizzle of olive oil. Cook meatballs until browned and cooked through, 8-10 minutes. In the last minute, add the honey-soy mixture, tossing meatballs to coat.

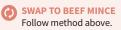


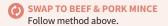
Serve up

- Thinly slice spring onion.
- Divide pear slaw between bowls. Top with honey-soy and ginger pork meatballs and spoon over any remaining glaze.
- Garnish with chilli and spring onion to serve. Enjoy!









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

