



Easy Honey-Soy & Ginger Pork Meatballs

with Pear Slaw & Ponzu Mayo Dressing

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

14



Garlic



Fine Breadcrumbs



Pork Mince



Ginger Paste



Chicken-Style Stock Powder



Pear



Celery



Fresh Chilli (Optional)



Plant-Based Mayo



Ponzu Sauce



Slaw Mix



Baby Leaves



Crushed Peanuts



Spring Onion



Beef Mince



Beef & Pork Mince

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



Protein Rich



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.

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
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) 🌶️	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



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!

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO BEEF & PORK MINCE
Follow method above.

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

