



Herby Pork Meatballs & Broccoli Risoni Salad

with Dill-Parsley Mayonnaise & Lemon

NEW

Grab your meal kit with this number

26



Broccoli Florets



Lemon



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Risoni



Baby Leaves



Vegetable Stock Powder



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

Tonight's dinner is lean, mean and extra green! We've got juicy pork meatballs sitting on top of a hearty risoni salad flavoured with your favourite green veg and a generous squeeze of lemon for extra tang. All you need is a drizzle of creamy dill & parsley mayo to pull this masterpiece together.

Pantry items

Olive Oil, 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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli florets	1 medium packet	1 large packet
lemon	½	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
risoni	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3148kJ (752cal)	365kJ (87cal)
Protein (g)	44.9g	5.2g
Fat, total (g)	30g	3.5g
- saturated (g)	6.9g	0.8g
Carbohydrate (g)	71.6g	8.3g
- sugars (g)	6.7g	0.8g
Sodium (mg)	1160mg	134.4mg
Dietary Fibre (g)	7.7g	0.9g

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.

1



Get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Meanwhile, cut any larger **broccoli florets** in half. Slice **lemon** into wedges.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **garlic & herb seasoning** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

3



Bring it all together

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Meanwhile, add **broccoli** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **broccoli** on high until just tender, **2-4 minutes**.
- Drain **broccoli**.

2



Cook the risoni

- Cook **risoni** in the **boiling water** over high heat until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan and allow to cool slightly.

4



Serve up

- To the saucepan with the risoni, add broccoli, **baby leaves**, **vegetable stock powder**, a generous squeeze of lemon juice and a drizzle of olive oil. Toss to combine and season to taste.
- Divide broccoli risoni salad between bowls.
- Top with herby pork meatballs and drizzle over **dill & parsley mayonnaise**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Sprinkle over before serving.

↻ SWAP TO BEEF 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.

