

Glazed Pork Meatballs & Kūmara Wedges

with Cucumber Salad & Mayonnaise

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

43



Recipe Update

We've replaced the tomato in this recipe with cherry tomatoes due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Kūmara



Garlic & Herb Seasoning



Garlic



Pork Mince



Fine Breadcrumbs



Classic Roast Seasoning



Cherry Sauce



BBQ Sauce



Cherry Tomatoes



Cucumber



Mixed Salad Leaves



Mayonnaise



Beef Mince



Grated Parmesan Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins



Protein Rich



Calorie Smart

Oh, happy days! With a heavenly combination of a crisp green salad, served alongside kūmara wedges and a sticky-sweet cherry glaze slathered over pork meatballs, this is a modern and delicious union that will be happily devoured by all.

Pantry items

Olive Oil, Egg, White Wine Vinegar

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 oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kūmara	1 (large)	2 (large)
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
classic roast seasoning	1 medium sachet	1 large sachet
cherry sauce	1 medium packet	1 large packet
BBQ sauce	1 medium packet	1 large packet
cherry tomatoes	½ packet	1 packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2583kJ (617Cal)	409kJ (97Cal)
Protein (g)	57.2g	9.1g
Fat, total (g)	18.9g	3g
- saturated (g)	6.2g	1g
Carbohydrate (g)	77.4g	12.3g
- sugars (g)	31.8g	5g
Sodium (mg)	1691mg	268mg
Dietary Fibre (g)	8.7g	1.4g

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



Cook the wedges

- Peel and cut kūmara into wedges.
- Set your air fryer to **200°C**. Place kūmara into the air fryer basket, drizzle with **olive oil**, sprinkle with **garlic & herb seasoning**, season with **salt** and toss to coat. Cook for **15 minutes**.
- Shake the basket, then cook until golden, a further **10-15 minutes**. Divide between serving plates.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place kūmara on a lined oven tray. Drizzle with olive oil, sprinkle with garlic & herb seasoning, season with salt and toss to coat. Bake until tender, 20-25 minutes.

4



Prep the salad

- While the meatballs are cooking, halve **cherry tomatoes (see ingredients)**.
- Roughly chop **cucumber**.

2



Make the meatballs

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **garlic**, the **egg**, **classic roast seasoning** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

5



Make the salad

- In a large bowl, combine **mixed salad leaves**, **tomatoes**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead and toss the salad!

3



Cook the meatballs

- In a large frying pan, heat a 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).
- Remove pan from heat, then add **cherry sauce** and **BBQ sauce** and cook, turning meatballs to coat, **1 minute**.

6



Serve up

- Divide glazed pork meatballs, kūmara wedges and cucumber salad between plates.
- Spoon any remaining glaze from the pan over meatballs.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



ADD GRATED PARMESAN CHEESE

Just before serving, add to the salad and toss to combine.

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

