

Saucy Spanish-Style Pork Meatballs

with Garlicky Couscous & Parsley

MEDITERRANEAN

Grab your meal kit with this number

35



Celery



Onion



Garlic



Parsley



Courgette



Pork Mince



Nan's Special Seasoning



Fine Breadcrumbs



Couscous



Garlic & Herb Seasoning



Chilli Flakes (Optional)



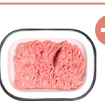
Tomato Paste



Baby Leaves



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

Calorie Smart

These pork meatballs are bursting with bright flavours, coated in a veggie-filled tomato sauce. Sitting atop a bed of garlicky couscous to soak up all of that goodness, what more could you possibly want?

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	½	1
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
courgette	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
water* (for the couscous)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
water* (for the sauce)	½ cup	1 cup
brown sugar*	½ tsp	1 tsp
butter*	20g	40g
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	479kJ (114Cal)
Protein (g)	36.5g	7.5g
Fat, total (g)	15.5g	3.2g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	64.9g	13.4g
- sugars (g)	9.4g	1.9g
Sodium (mg)	910mg	187mg
Dietary Fibre (g)	11.3g	2.3g

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](https://www.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

2025 | CW01



Get prepped

- Boil the kettle.
- Finely chop **celery**, **onion** (see ingredients) and **garlic**. Roughly chop **parsley**. Thinly slice **courgette** into half-moons.
- In a medium bowl, combine **pork mince**, **Nan's special seasoning**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.



Cook the veggies

- When the meatballs are done, return frying pan to medium-high heat. Cook **celery**, **onion** and **courgette**, tossing, until tender, **5-7 minutes**.
- Add **garlic & herb seasoning**, a pinch of **chilli flakes** (if using), **tomato paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



Cook the meatballs

- 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). Transfer to a plate.



Bring it all together

- Return **meatballs** to the pan, then add the **water** (for the sauce), **brown sugar** and **butter** and simmer, stirring, until slightly reduced, **2-3 minutes**.
- Stir in **baby leaves** until wilted.



Make the couscous

- While the meatballs are cooking, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Add the **water** (for the couscous) and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Finish & serve

- Divide garlicky couscous between bowls.
- Top with saucy Spanish-style pork meatballs.
- Sprinkle over parsley to serve. Enjoy!

CUSTOM
OPTIONS

↻ SWAP TO BEEF MINCE
Follow method above.

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

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

