

BBQ Pork Meatballs & Carrot Fries

with Cheddar, Cucumber Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Carrot



Garlic



Pork Mince



Shredded Cheddar Cheese



Barbecue Seasoning



Salad Leaves



Cucumber



Slaw Mix




Smokey Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

 Carb Smart

We got inspired by our American friends and their use of smoky, sweet and spiced flavours in Southwestern-style meals. That's why these meatballs are flavoured with our barbecue seasoning, then served with crunchy slaw and carrot fries for a new, low-carb take on dinner that will quickly become an instant classic.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
garlic	2 cloves	4 cloves
pork mince	1 packet	1 packet
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
barbecue seasoning	1 sachet	2 sachets
salad leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2473kJ (591Cal)	470kJ (112Cal)
Protein (g)	34g	6.5g
Fat, total (g)	44g	8.4g
- saturated (g)	12.6g	2.4g
Carbohydrate (g)	22.2g	4.2g
- sugars (g)	11.3g	2.1g
Sodium (mg)	1283mg	244mg
Dietary Fibre (g)	9.5g	1.8g

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.



Bake the carrot fries

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into fries, then place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Prep the meatballs

Meanwhile, finely chop **garlic**. In a medium bowl, combine **pork mince**, **shredded Cheddar cheese**, **garlic** and **barbecue seasoning**. Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.



Cook the meatballs

When the fries have **10 minutes** cook time remaining, heat a generous drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).



Prep the slaw

While the meatballs are cooking, roughly chop **salad leaves** and **cucumber**.



Make the slaw

In a medium bowl, combine **slaw mix**, **salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Serve up

Divide BBQ pork meatballs, carrot fries and cucumber slaw between plates. Serve with **smokey aioli**.

Enjoy!