



# Cheesy BBQ Pork Meatballs

with Carrot Fries, Cucumber Slaw & Burger Sauce

EXPLORER



Grab your Meal Kit with this symbol



Carrot



Garlic



Barbecue Seasoning



Baby Spinach Leaves



Cucumber



Burger Sauce



Pork Mince



Shredded Cheddar Cheese



Slaw Mix



Beef Mince

Prep in: 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
garlic	2 cloves	4 cloves
pork mince	1 packet	1 packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
barbecue seasoning	1 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
slaw mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
burger sauce	½ large packet	1 large packet
beef mince**	1 packet	1 packet

\*Pantry \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2246kJ (536Cal)	453kJ (108Cal)
Protein (g)	32.6g	6.6g
Fat, total (g)	39.1g	7.9g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	20.6g	4.2g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1200mg	242mg
Dietary Fibre (g)	8.8g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2537kJ (606Cal)	512kJ (122Cal)
Protein (g)	36.9g	7.4g
Fat, total (g)	43.6g	8.8g
- saturated (g)	14.1g	2.8g
Carbohydrate (g)	20.6g	4.2g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1165mg	235mg
Dietary Fibre (g)	8.8g	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](https://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



1



## 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**.

4



## Prep the slaw

- While the meatballs are cooking, roughly chop **baby spinach leaves** and **cucumber**.

2



## 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.

**Custom Recipe:** If you've swapped to beef mince, prep the beef the same way as above.

5



## Make the slaw

- In a second medium bowl, combine **slaw mix**, **baby spinach**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



## Cook the meatballs

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

**Custom Recipe:** Cook the beef mince in the same way as above.

6



## Serve up

- Divide cheesy BBQ pork meatballs, carrot fries and cucumber slaw between plates.
- Serve with **burger sauce** (see ingredients). Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)