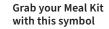


Cheesy Pork Meatballs with Carrot Fries, Cucumber Slaw & Smokey Aioli













Pork Mince





Shredded Cheddar Cheese





All-American Spice Blend







Slaw Mix

Cucumber



Smokey Aioli



Olive Oil, White Wine Vinegar





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

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	1 packet (50g)	1 packet (100g)	
All-American spice blend	1 sachet	1 sachet	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
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)	2475kJ (592Cal)	494kJ (118Cal)
Protein (g)	33.2g	6.6g
Fat, total (g)	43.5g	8.7g
- saturated (g)	12.4g	2.5g
Carbohydrate (g)	25.2g	5g
- sugars (g)	12.9g	2.6g
Sodium (mg)	1283mg	256mg
Dietary Fibre (g)	5.7g	1.1g

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 the oven to 240°C/220°C fan-forced. Cut the 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

While the fries are baking, finely chop the **garlic**. In a medium bowl, combine the **pork mince**, **shredded Cheddar cheese**, **garlic** and **All-American spice blend**. Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the meatballs

When the fries have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. Cook the **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 the **baby spinach leaves** and **cucumber**.



Make the slaw

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



Serve up

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

Enjoy!