



Cheesy Pork Meatballs

with Carrot Fries, Cucumber Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Carrot



Garlic



Pork Mince



Shredded Cheddar Cheese



All-American Spice Blend



Baby Spinach Leaves



Cucumber



Slaw Mix



Smokey Aioli

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 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.

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	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 slaw

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



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.



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.



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).



Serve up

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

Enjoy!