














Oven-Baked Meatballs

with Enchilada Sauce, Rapid Rice & Spinach Slaw

Grab your Meal Kit with this symbol



-  Fine Breadcrumbs
-  Garlic Paste
-  Tex-Mex Spice Blend
-  Basmati Rice
-  Enchilada Sauce
-  Cucumber
-  Baby Spinach Leaves
-  Mayonnaise
-  Pork Mince
-  Grated Parmesan Cheese
-  Slaw Mix

 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **25-35** mins

Meatballs and rice, we highly recommend it. An enchilada sauce, that coats juicy Tex-Mex spiced meatballs needs to be soaked up with a fluffy rice to capture all those flavours in one bite. You'll be pleasantly surprised too when you get a taste of these round morsels that there's hidden Parmesan cheese waiting inside.

Pantry items
Olive Oil, Butter, Brown Sugar, 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

Medium or large baking dish · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
garlic paste	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
basmati rice	1 packet	1 packet
butter*	20g	40g
enchilada sauce	1 packet (140g)	2 packets (280g)
brown sugar*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3634kJ (869Cal)	703kJ (168Cal)
Protein (g)	40g	7.7g
Fat, total (g)	39.5g	7.6g
- saturated (g)	15.4g	3g
Carbohydrate (g)	93.7g	18.1g
- sugars (g)	13.3g	2.6g
Sodium (mg)	2046mg	396mg

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.

1



Bake the meatballs

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- In a large bowl, combine **pork mince**, **fine breadcrumbs**, **garlic paste**, **Tex-Mex spice blend** and **grated Parmesan cheese**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).
- Transfer to a baking dish, lightly drizzle with **olive oil** and bake until golden, **15-20 minutes**.

TIP: Only using a light drizzle of oil will ensure the meatballs do not stick to the baking dish!

3



Bring it all together

- When meatballs have **5 minutes** remaining, add **enchilada sauce** and the **brown sugar** to the baking dish and gently toss meatballs to coat. Bake until golden and bubbling, **3-5 minutes**.
- Meanwhile, roughly chop **cucumber** and **baby spinach leaves**.

2



Cook the rapid rice

- While meatballs are cooking, half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice** and return to saucepan with the **butter**. Stir to combine and cover to keep warm.

4



Serve up

- In a medium bowl, combine **slaw mix**, baby spinach, cucumber, **mayonnaise**, a drizzle of **white wine vinegar** and olive oil. Season with salt and pepper.
- Divide rapid rice and spinach slaw between bowls.
- Top with oven-baked meatballs and spoon over enchilada sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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