



# One-Tray Tomato & Herb Pork Meatballs

with Roast Veggie Toss & Creamy Pesto Dressing

MEDITERRANEAN

Grab your Meal Kit with this symbol



Beetroot



Sweet Potato



Carrot



Pork Mince



Fine Breadcrumbs



Tomato & Herb Seasoning



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Creamy Pesto Dressing



Flaked Almonds



Beef Mince

Prep in: 20-30 mins  
Ready in: 40-50 mins

Our new tomato and herb seasoning is the talk of the test kitchen and when laced on pork meatballs, you'll soon find out why. Served with a selection of only the finest veggies and drizzled with creamy pesto dressing, Mediterranean night is sorted!

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

### Pantry items

Olive Oil, Egg

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
sweet potato	2	4
carrot	1	2
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
tomato & herb seasoning	1 medium sachet	2 medium sachets
<b>egg*</b>	1	2
lemon pepper seasoning	1 medium packet	2 medium packets
baby spinach leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	491kJ (117Cal)
Protein (g)	34.6g	5.6g
Fat, total (g)	38.7g	6.3g
- saturated (g)	7.4g	1.2g
Carbohydrate (g)	57.7g	9.4g
- sugars (g)	29.4g	4.8g
Sodium (mg)	1741mg	284mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3042kJ (727Cal)	495kJ (118Cal)
Protein (g)	38.1g	6.2g
Fat, total (g)	37.8g	6.2g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	57.7g	9.4g
- sugars (g)	29.4g	4.8g
Sodium (mg)	1742mg	284mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Cut **beetroot** into 1cm chunks. Cut **sweet potato** and **carrot** into bite-sized chunks.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **tomato & herb seasoning**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person).

**Custom Recipe:** If you've swapped to beef mince, prepare the beef mince in the same way as the pork mince.

3



## Toss the veggies

- When the roast veggies have cooled a little, add **baby spinach leaves** and **mustard cider dressing** to oven tray and gently toss to combine. Season to taste.

2



## Roast the veggies & meatballs

- Place chopped **veggies** on a lined oven tray. Sprinkle over **lemon pepper seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast for **10 minutes**. Remove tray from oven and add **meatballs**.
- Roast until veggies are tender and meatballs are browned, **15-20 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



## Serve up

- Divide roast veggie toss and tomato & herb pork meatballs between bowls.
- Top with **creamy pesto dressing** and **flaked almonds** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)