



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
olive oil*	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
egg*	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 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



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