



Mediterranean Pork Meatballs & Sweet Potato Bites

with Herby Tomato Sauce & Apple Salad

KID FRIENDLY

MEDITERRANEAN

Grab your Meal Kit with this symbol



Pork Mince



Fine Breadcrumbs



Chicken-Style Stock Powder



Sweet Potato



Passata



Garlic & Herb Seasoning



Cucumber



Apple



Mixed Salad Leaves



Fetta Cubes



Beef Mince

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

Calorie Smart

Saucy pork meatballs are better when shared, although we know that you won't want to once you tuck into these ones. A Mediterranean salad with the lot and sweet potato bites are also all you need to have the family racing to the table!

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

Pantry items

Olive Oil, Egg, Brown Sugar, Butter, Vinegar (White Wine Or Balsamic)

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

Large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
egg*	1	2
sweet potato	2	4
passata	1 box	2 boxes
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	10g	20g
cucumber	1	2
apple	1	2
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
fetta cubes	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)	2542kJ (608Cal)	399kJ (95Cal)
Protein (g)	38.1g	6g
Fat, total (g)	24.1g	3.8g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	57.7g	9.1g
- sugars (g)	26.7g	4.2g
Sodium (mg)	1483mg	233mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	403kJ (96Cal)
Protein (g)	41.5g	6.5g
Fat, total (g)	23.2g	3.6g
- saturated (g)	10.9g	1.7g
Carbohydrate (g)	57.7g	9.1g
- sugars (g)	26.7g	4.2g
Sodium (mg)	1485mg	233mg

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



Prep the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a large bowl, combine **pork mince**, **fine breadcrumbs**, **chicken-style stock powder**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.

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

4



Make the meatballs saucy

- Once meatballs are done, remove baking dish from oven and stir through **passata**, **garlic & herb seasoning**, the **water**, the **brown sugar** and the **butter**, until combined. Season.
- Turn **meatballs** to coat then bake, until sauce is slightly thickened, a further **8-10 minutes**.

2



Bake the meatballs

- Transfer **meatballs** to a large baking dish. Drizzle with **olive oil** and turn to coat.
- Bake until browned, **15-20 minutes**.

Custom Recipe: Cook beef meatballs as above.

5



Toss the salad

- While sauce is thickening, slice **cucumber** into thin rounds.
- Cut **apple** into thin wedges.
- In a medium bowl, combine **cucumber**, **apple**, **mixed salad leaves** and a drizzle of the **vinegar** and **olive oil**. Season.

Little cooks: Take the lead by tossing the salad!

3



Roast the sweet potatoes

- Meanwhile, cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

6



Serve up

- Divide Mediterranean pork meatballs, roasted sweet potato bites and apple salad between plates.
- Spoon any sauce from baking dish over meatballs. Crumble over **fetta cubes** to serve. Enjoy!

Rate your recipe

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