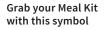


# Mediterranean Pork Meatballs & Sweet Potato Bites

with Herby Tomato Sauce & Apple Salad

KID FRIENDLY

MEDITERRANEAN









Fine Breadcrumbs



Chicken-Style Stock



**Sweet Potato** 

Powder















Fetta Cubes

Mixed Salad Leaves



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



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!

#### **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

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	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*	1/4 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		

<sup>\*</sup>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





## 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.



## 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**.



## 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.



## 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.



## 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!



## 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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