



One-Dish Baked Pork Meatballs & Toasted Ciabatta

with Parmesan Cheese & Cherry Tomato Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



Bake-At-Home Ciabatta



Garlic Paste



Passata



Chicken-Style Stock Powder



Snacking Tomatoes



Carrot



Deluxe Salad Mix



Parmesan Cheese



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

Tonight's pork meatballs are cooked strictly in the oven, meaning minimal elbow work and maximum flavour! With toasted ciabatta and a bright salad to serve, you've got ample bread to soak up the gorgeous tomato sauce and salad for the perfect palate cleanser.

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

Pantry items

Olive Oil, Egg, Butter, Brown Sugar, 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

Medium baking dish

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
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
bake-at-home ciabatta	1	2
garlic paste	1 packet	2 packets
butter*	40g	80g
passata	1 box	2 boxes
chicken-style stock powder	½ sachet	1 sachet
brown sugar*	1 tsp	2 tsp
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
deluxe salad mix	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
Parmesan cheese	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)	3222kJ (770Cal)	546kJ (130Cal)
Protein (g)	41.9g	7.1g
Fat, total (g)	39.8g	6.7g
- saturated (g)	19.8g	3.4g
Carbohydrate (g)	58.1g	9.9g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1858mg	315mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3249kJ (777Cal)	551kJ (132Cal)
Protein (g)	45.4g	7.7g
Fat, total (g)	38.9g	6.6g
- saturated (g)	20.3g	3.4g
Carbohydrate (g)	58.1g	9.9g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1859mg	315mg

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.

1



Cook the meatballs

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, combine **pork mince**, **Aussie spice blend**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small **meatballs** (4-5 per person).
- Transfer **meatballs** to a medium baking dish. Drizzle with **olive oil** and turn to coat. Bake until browned, **15-20 minutes**.

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 and cook beef meatballs in the same way as the pork meatballs.

3



Make the salad

- While the meatballs are in the oven, halve **snacking tomatoes**.
- Grate **carrot**.
- In a second medium bowl, combine **deluxe salad leaves**, **snacking tomatoes**, **carrot** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Make it saucy

- While the meatballs are baking, slice **bake-at-home ciabatta** in half lengthways.
- In a heatproof bowl, combine half the **butter** and half the **garlic paste**. Microwave in **10 second** bursts or until melted. Season with **salt**. Brush **garlic butter** over the cut sides of the **ciabatta**.
- Remove **meatballs** from oven, then add **passata**, **chicken-style stock powder** (see ingredients), the **brown sugar** and remaining **garlic paste** and **butter**. Turn **meatballs** to coat, then bake until sauce is slightly thickened, a further **8-10 minutes**.
- Meanwhile, place **ciabatta** directly on an oven rack and bake until golden, **6-7 minutes**.

Custom Recipe: Continue cooking the beef meatballs in the same way as above.

4



Serve up

- Divide oven baked pork meatballs and cherry tomato salad between bowls.
- Top meatballs with **Parmesan cheese**. Serve with toasted ciabatta. Enjoy!

Custom Recipe: Divide oven baked beef meatballs as above.

Were here to help!

Scan here if you have any questions or concerns
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