



Quick Honey-Soy Pork Meatballs

with Creamy Ponzu & Peanut Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Pork Mince



Fine Breadcrumbs



Ginger Paste



Chicken-Style Stock Powder



Pea Pods



Mayonnaise



Ponzu



Shredded Cabbage Mix



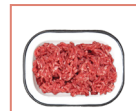
Baby Spinach Leaves



Crushed Peanuts



Long Chilli (Optional)



Beef Mince

Prep in: 10-20 mins
Ready in: 25-35 mins

Carb Smart

Revisit the classic honey-soy duo, but add a HelloFresh twist! We've created tender pork meatballs, which are served on a crunchy cucumber slaw instead of rice, with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus.

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

Pantry items

Olive Oil, Honey, Soy Sauce, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	¼ cup
water*	1 tbs	2 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
ginger paste	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
pea pods	1 small packet	1 medium packet
mayonnaise	1 medium packet	2 medium packets
ponzu	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
long chilli (optional) 🌶️	½	1
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)	2117kJ (506Cal)	1412.1kJ (338Cal)
Protein (g)	32.6g	11.7g
Fat, total (g)	33.7g	20.6g
- saturated (g)	8g	2.9g
Carbohydrate (g)	19.2g	25g
- sugars (g)	7g	8g
Sodium (mg)	1100mg	1010mg
Dietary Fibre (g)	7.3g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2073.2kJ (496Cal)	1406.9kJ (336Cal)
Protein (g)	42.5g	12.9g
Fat, total (g)	35.7g	20.9g
- saturated (g)	9.1g	3.1g
Carbohydrate (g)	19.2g	25g
- sugars (g)	7g	8g
Sodium (mg)	1107.5mg	659mg
Dietary Fibre (g)	7.3g	1.9g

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



Get prepped

- Finely chop **garlic**. In a small bowl, combine the **honey, soy sauce, water** and half the **garlic**. Set aside.
- In a large bowl, combine **pork mince, fine breadcrumbs**, the **egg, ginger paste, chicken-style stock powder** and remaining **garlic**.
- Using damp hands, form spoonfuls of **pork mixture** into **meatballs** (5-6 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

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

3



Make the slaw

- While meatballs are cooking, trim and slice **pea pods** lengthways.
- In a medium bowl, combine **mayonnaise, ponzu, pea pods, shredded cabbage mix, baby spinach leaves** and **crushed peanuts**.
- Season with **pepper**. Toss to coat.

Little cooks: Take the lead by combining the ingredients for the slaw!

2



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**.
- In the **last minute**, add **honey-soy mixture** and cook, stirring, until **meatballs** are coated. Remove from heat.

TIP: If your pan is getting crowded, cook meatballs in batches for best results.

Custom Recipe: Cook beef meatballs in the same way as pork meatballs.

4



Serve up

- Finely slice **long chilli** (if using).
- Divide creamy ponzu and peanut slaw and honey-soy pork meatballs between plates. Spoon over any extra glaze from the pan.
- Sprinkle with **chilli** to serve. Enjoy!

Custom Recipe: Divide honey-soy beef meatballs between plates, as above.

We're here to help!

Scan here if you have any questions or concerns

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