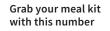


Honey-Soy Pork Meatballs with Ponzu & Peanut Pea Pod Slaw

HELLOHERO

AIR FRYER FRIENDLY

KID FRIENDLY













Fine Breadcrumbs

Ginger Paste









Shredded Cabbage



Baby Spinach Leaves

Crushed Peanuts



Spring Onion





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 pea pod slaw instead of rice, with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus.

Pantry items

Olive Oil, Honey, Soy Sauce, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or large frying pan

Ingredients

9		
	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	1/4 cup
water*	1 tbs	2 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
ginger paste	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
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
spring onion	½ stem	1 stem

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (603cal)	343kJ (82cal)
Protein (g)	37g	5g
Fat, total (g)	38.6g	5.3g
- saturated (g)	8.4g	1.1g
Carbohydrate (g)	26.2g	3.6g
- sugars (g)	13.7g	1.9g
Sodium (mg)	1803mg	245.3mg
Dietary Fibre (g)	7.2g	1g

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.



Get prepped

- · Finely chop garlic.
- In a small bowl, combine the honey, soy sauce, water and half the garlic.
- In a large bowl, combine pork mince, fine breadcrumbs, the egg, ginger paste, salt 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!



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!



Cook the meatballs

- Set air fryer to 200°C. Place **meatballs** into the air fryer basket and cook until cooked through, 8-10 minutes.
- In the last 5 minutes of cook time, brush over honey-soy mixture and cook until browned and sticky.

TIP: No air fryer? 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.



Serve up

- Thinly slice spring onion (see ingredients).
- Divide ponzu and peanut pea pod slaw and honey-soy pork meatballs between bowls. Spoon over any extra glaze.
- Sprinkle with spring onions to serve. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

