



Honey-Soy Pork Meatballs

with Ponzu & Peanut Pea Pod Slaw

HELLOHERO

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

13



Garlic



Pork Mince



Fine Breadcrumbs



Ginger Paste



Pea Pods



Mayonnaise



Ponzu



Shredded Cabbage Mix



Baby Spinach Leaves



Crushed Peanuts



Spring Onion



Beef Mince



Pork Mince

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



Protein Rich



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

	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 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*	¼ 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	1 stem	2 stems

*Pantry Items

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.

We're here to help!

Scan here if you have any questions or concerns



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**, the **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!

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

- Set air fryer to **200°C**. Place **meatballs** into an 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.

4



Serve up

- Thinly slice **spring onion**.
- Divide ponzu and peanut pea pod slaw and honey-soy pork meatballs between bowls.
- Sprinkle with spring onions to serve. Enjoy!

CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

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

