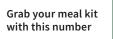


Honey-Soy Pork Meatballs with Ponzu & Peanut Pea Pod Slaw

AIR FRYER FRIENDLY

KID FRIENDLY













Fine Breadcrumbs

Ginger Paste





Chicken Stock



Spring Onion



Mayonnaise







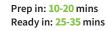


Baby Spinach Leaves

Crushed Peanuts







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

3			
	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	½ 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	
chicken stock pot	½ packet	1 packet	
pea pods	1 small packet	1 medium packet	
spring onion	½ stem	1 stem	
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	
*Pantry Items			

Nutrition

Per Serving	Per 100g
2522kJ (603cal)	343kJ (82cal)
37g	5g
38.6g	5.3g
8.4g	1.1g
26.2g	3.6g
13.7g	1.9g
1803mg	245.3mg
7.2g	1g
	2522kJ (603cal) 37g 38.6g 8.4g 26.2g 13.7g 1803mg

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.



- · 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, chicken stock pot (see ingredients) 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. Thinly slice spring onion (see ingredients).
- In a medium bowl, combine mayonnaise, ponzu, pea pods, shredded cabbage mix, baby spinach leaves and crushed peanuts.
- Season with pepper. Toss to coat.









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



Get prepped

• Set air fryer to 200°C.

Cook the meatballs

- Place **meatballs** into a foil-lined 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

- 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!