

Baked Pork & Sweet Apple Meatballs

with Wedges, Garlic Aioli & Garlicky Greens

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Apple



BBQ Sauce



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



Potato



Zucchini



Green Beans



Garlic



Garlic Aioli



Diced Bacon



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Calling all little chefs to get to rolling these tasty meatballs. With the addition of apple in the pork mixture, you'll have some sweetness to complement the savoury kick and when you have golden wedges and garlicky greens that taste so good, we might just get the kids to help every week!

Pantry items

Olive Oil

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

Medium or large baking dish · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
apple	1	2
BBQ sauce	1 packet	2 packets
water*	2 tbs	¼ cup
pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
potato	2	4
zucchini	1	2
green beans	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2861kJ (684cal)	278kJ (66cal)
Protein (g)	34.7g	3.4g
Fat, total (g)	37g	3.6g
- saturated (g)	7.3g	0.7g
Carbohydrate (g)	51.7g	5g
- sugars (g)	21.5g	2.1g
Sodium (mg)	935mg	90.8mg
Dietary Fibre (g)	9.1g	0.9g

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



Prep the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **apple**.
- In a small bowl, combine **BBQ sauce** and the **water**. Set aside.
- In a medium bowl, combine **pork mince**, **apple**, **Aussie spice blend**, **fine breadcrumbs** and a good pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a baking dish.

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

4



Prep the veggies

- When meatballs have **10 minutes** remaining, slice **zucchini** into thin sticks.
- Trim **green beans**.
- Finely chop **garlic**.

2



Bake the potato wedges

- Cut **potato** into wedges, then place on a lined oven tray.
- Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

Little cooks: Help toss the wedges.

TIP: If your oven tray is crowded, divide the wedges between two trays.

3



Bake the meatballs

- Meanwhile, drizzle **meatballs** with **olive oil** and turn to coat. Bake until browned, **15-20 minutes**.
- Remove from oven, then pour over **BBQ sauce mixture**.
- Turn **meatballs** to coat, then bake until sauce is slightly thickened, a further **5-6 minutes**.

Little cooks: Help pour the BBQ sauce mixture over the meatballs. Be careful, the dish is hot!

5



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.

6



Serve up

- Divide wedges, baked pork and sweet apple meatballs and garlicky greens between plates.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over wedges to serve.

↻ SWAP TO BEEF MINCE

Follow method above.

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

