

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

HELLOHERO **AIR FRYER FRIENDLY**

KID FRIENDLY



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.

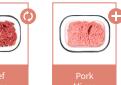
Grab your meal kit with this number



39)



Shredded Cabbage



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	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	2 medium packets
chicken stock pot	1 small packet	1 medium 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2520kJ (602cal)	633kJ (159cal)
Protein (g)	37g	9.3g
Fat, total (g)	38.6g	9.7g
- saturated (g)	8.3g	2.1g
Carbohydrate (g)	26.2g	6.6g
- sugars (g)	13.7g	3.4g
Sodium (mg)	1803mg	453mg
Dietary Fibre (g)	6.6g	1.7g

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**. Set aside.
- In a large bowl, combine pork mince, fine breadcrumbs, the egg, ginger paste, chicken stock pot 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.

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

SWAP TO BEEF MINCE Follow method above.



Cook the meatballs

- Set air fryer to 200°C.
- 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.



Finish & serve

- Divide ponzu and peanut pea pod slaw between bowls.
- Top with honey-soy pork meatballs, spooning over any extra glaze.
- Sprinkle with spring onion to serve. Enjoy!

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.





