



# Spiced Pork Meatballs & Caramelised Onion

with Roast Potatoes & Cucumber Salad

KID FRIENDLY

Grab your meal kit  
with this number

2



Potato



Brown Onion



Tomato



Cucumber



Pork Mince



Fine Breadcrumbs



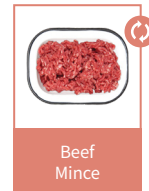
Aussie Spice Blend



Mixed Salad Leaves



Marinated Goat Cheese



Beef Mince



Pork Mince

Prep in: 25-35 mins  
Ready in: 35-45 mins

We love this meal – full of twists on the classic meat and veg. Pork mince is a great base for big bold flavours and with homey Aussie spice blend and caramelised onion partnering up, you can banish memories of boring meatballs forever.

### Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
brown onion	1	2
tomato	1	2
cucumber	1	2
<b>balsamic vinegar*</b> <i>(for the onion)</i>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Aussie spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b> <i>(for the salad)</i>	drizzle	drizzle
marinated goat cheese	1 packet	2 packets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	749kJ (179Cal)
Protein (g)	50.3g	9.9g
Fat, total (g)	50.7g	9.9g
- saturated (g)	17.3g	3.4g
Carbohydrate (g)	74.4g	14.6g
- sugars (g)	17.1g	3.4g
Sodium (mg)	1370mg	269mg
Dietary Fibre (g)	11.2g	2.2g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- In a small microwave-safe bowl, microwave the **butter** in **10 second** bursts, until melted.
- Remove tray from the oven, crush **potatoes** until 1cm-thick, then drizzle over the **melted butter**.
- Roast until golden, a further **5 minutes**.

4



## Cook the meatballs

- Wipe out frying pan, then return to medium-high heat with a generous drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.

2



## Get prepped

- While potatoes are roasting, thinly slice **brown onion**.
- Roughly chop **tomato**.
- Thinly slice **cucumber**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar (for the onion)**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

5



## Toss the salad

- While the meatballs are cooking, in a large bowl, combine **tomato**, **cucumber**, **mixed salad leaves** and a drizzle of **balsamic vinegar (for the salad)** and **oil** from the **marinated goat cheese**.

**Little cooks:** Take the lead by tossing the salad!

3



## Make the meatballs

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **Aussie spice blend** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.

6



## Finish & serve

- Divide the spiced meatballs, roast potatoes and cucumber salad between plates.
- Top the meatballs with caramelised onion and crumble goat cheese over the potatoes to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



### 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.

