



# Cheesy Pork Meatballs & Carrot Fries

with Cucumber-Spinach Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Carrot



Garlic



Pork Mince



Shredded Cheddar Cheese



All-American Spice Blend



Baby Spinach Leaves



Cucumber



Slaw Mix



Smokey Aioli



Beef Mince

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

Carb Smart

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Sharp Cheddar and our All-American spice blend bump up the flavour in these juicy meatballs, which pair perfectly with the earthy carrot fries (a flavourful swap for potato fries to keep the carbs in check). The slaw completes the dish, providing crunch and a touch of sweetness and acidity for the perfect balance of flavours. Serve it all with our smokey aioli for dipping!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

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
carrot	2	4
garlic	2 cloves	4 cloves
pork mince	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
cucumber	1	2
slaw mix	1 small bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
smokey aioli	½ packet (50g)	1 packet (100g)
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	480kJ (115Cal)
Protein (g)	32.4g	6.2g
Fat, total (g)	42.1g	8.1g
- saturated (g)	11.6g	2.2g
Carbohydrate (g)	20.9g	4g
- sugars (g)	18.6g	3.6g
Sodium (mg)	786mg	151mg
Dietary Fibre (g)	10.3g	2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2531kJ (605Cal)	485kJ (116Cal)
Protein (g)	35.9g	6.9g
Fat, total (g)	41.1g	7.9g
- saturated (g)	12.1g	2.3g
Carbohydrate (g)	20.9g	4g
- sugars (g)	18.6g	3.6g
Sodium (mg)	788mg	151mg
Dietary Fibre (g)	10.3g	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.

## We're here to help!

Scan here if you have any questions or concerns



## Bake the carrot fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into fries.
- Place **carrot fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the carrot fries between two trays.



## Prep the slaw

- Meanwhile, roughly chop **baby spinach leaves**.
- Thinly slice **cucumber** into half-moons.



## Prep the meatballs

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **pork mince**, **shredded Cheddar cheese**, **garlic** and **All-American spice blend**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person).
- Transfer to a plate.

**Custom Recipe:** If you've swapped to beef mince, prepare the beef mince the same way as the pork mince.



## Toss the slaw

- In a medium bowl, combine **slaw mix**, **baby spinach** and **cucumber**.
- Drizzle with the **vinegar** and **olive oil**. Toss to coat. Season to taste.



## Cook the meatballs

- 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**.

**TIP:** Cook the meatballs in batches if your pan is getting crowded.

**Custom Recipe:** Cook the beef meatballs the same way as the pork meatballs.



## Serve up

- Divide cheesy pork meatballs, carrot fries and cucumber-spinach slaw between plates.
- Serve with **smokey aioli** (see ingredients). Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)