



Mumbai Pork Meatballs

with Roast Veggie Toss & Garlic Yoghurt

NEW



Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Capsicum



Garlic



Mumbai Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Flaked Almonds



Pork Mince



Greek-Style Yoghurt

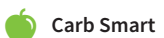


Golden Goddess Dressing



Beef Mince

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



Perk up this week's pork meatballs with our Mumbai spice blend, along with a delightful golden goddess dressing that is equal parts herby and equal parts delicious. For the carb conscious, we've added in an easy roast veggie toss so you can get your sweet potato, carrot and capsicum fixings!

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

Pantry items

Olive Oil, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
garlic	3 cloves	6 cloves
pork mince	1 small packet	1 medium packet
Mumbai spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
golden goddess dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2372kJ (567Cal)	438kJ (105Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	27.3g	5g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	39.3g	7.3g
- sugars (g)	19.5g	3.6g
Sodium (mg)	929mg	172mg
Dietary Fibre (g)	13.5g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2398kJ (573Cal)	443kJ (106Cal)
Protein (g)	41.8g	7.7g
Fat, total (g)	26.3g	4.9g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	39.3g	7.3g
- sugars (g)	19.5g	3.6g
Sodium (mg)	931mg	172mg
Dietary Fibre (g)	13.5g	2.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW48



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato, carrot** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Remove from oven and allow to cool slightly.

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

4



Cook the meatballs

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

Custom Recipe: Cook beef meatballs in the same way as above.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **pork mince, Mumbai spice blend, fine breadcrumbs**, the **egg**, 1/2 the **garlic** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small **meatballs** (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, combine beef mince in the same way as above.

5



Bring it all together

- To the tray with **roasted veggies**, add **baby spinach leaves** and **golden goddess dressing**. Season and toss to combine.

3



Make the garlic yoghurt

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

6



Serve up

- Divide roast veggie toss between plates.
- Top with Mumbai pork meatballs and garlic yoghurt.
- Sprinkle over **flaked almonds**. Enjoy!

Rate your recipe

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