



# PORK & PARMESAN MEATBALLS

with Apple Relish & Roasted Potato



Make your own  
apple relish



Potato



Brown Onion



Garlic



Apple



Pork Mince



Grated Parmesan  
Cheese



Rustic Herb  
Spice Blend



Fine Breadcrumbs



Cherry Tomatoes



Carrot



Roasted Almonds



Mustard Cider  
Dressing



Mixed Salad  
Leaves

Hands-on: 20 mins  
Ready in: 40 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 Parmesan and rustic herbs partnering up, you can banish memories of boring meatballs forever.

**Pantry Staples:** Olive Oil, Brown Sugar, Egg



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



### 1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place the potato, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat and roast until tender, **25-30 minutes**. While the potato is roasting, finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Peel and core the **apple**, then cut into 1cm chunks. **TIP:** *Cut the apple to the correct size so it cooks in the allocated time.*



### 4 COOK THE MEATBALLS

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the meatballs and cook, turning, until browned, **2-3 minutes**. Reduce the heat to medium and cook, turning occasionally, until the meatballs are cooked through, **6-8 minutes**.



### 2 MAKE THE APPLE RELISH

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring occasionally, until just softened, **4 minutes**. Reduce the heat to medium and add the **apple**, **brown sugar**, the **water** and a **pinch of salt** and **pepper**. Cover with a lid and cook until the apple has softened, **15 minutes**. Break up the apple with a wooden spoon. Remove the lid and cook until reduced and thickened, **1 minute**. Cover with a lid to keep warm.



### 5 MAKE THE SALAD

While the meatballs are cooking, halve the **cherry tomatoes** (see ingredients list). Grate the **carrot** (unpeeled). Roughly chop the **roasted almonds**. In a large bowl, place the **mustard cider dressing** (see ingredients list), cherry tomatoes, carrot, almonds and **mixed salad leaves**. Season with a **pinch of salt** and **pepper**. Toss to combine.

**TIP:** *Toss the salad just before serving to keep the leaves crisp!*



### 3 MAKE THE MEATBALLS

While the relish is cooking, combine the **pork mince**, **grated Parmesan cheese**, **garlic**, **egg**, **rustic herb spice blend** (see ingredients list), the **salt**, **fine breadcrumbs** (see ingredients list) and a **good pinch of pepper** in a medium bowl. Using damp hands, form **1 tbs** of the pork mixture into a meatball. Transfer to a plate and repeat with the remaining mixture. **TIP:** *You should get 4-6 meatballs per person.*



### 6 SERVE UP

Divide the roasted potato, salad and pork and parmesan meatballs between plates. Serve the apple relish on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
brown onion	½	1
garlic	2 cloves	4 cloves
apple	1	2
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
pork mince	1 packet	1 packet
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)
egg*	1	2
rustic herb spice blend	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
fine breadcrumbs	½ packet	1 packet
cherry tomatoes	½ punnet	1 punnet
carrot	1	2
roasted almonds	1 packet	2 packets
mustard cider dressing	½ tub (20 g)	1 tub (40 g)
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3000kJ (717Cal)	494kJ (118Cal)
Protein (g)	49.6g	8.2g
Fat, total (g)	26.7g	4.4g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	60.7g	10.0g
- sugars (g)	26.6g	4.4g
Sodium (g)	1040mg	172mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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