

Spiced Pork Meatballs & Caramelised Onion

with Cheesy Roast Potatoes & Cucumber Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Red Onion



Tomato



Cucumber



Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Mixed Salad Leaves



Garlic Aioli



Beef 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.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar, Egg

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
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
red onion	1	2
tomato	1	2
cucumber	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Aussie spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
garlic aioli	1 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)	3378kJ (807Cal)	513kJ (123Cal)
Protein (g)	41.2g	6.3g
Fat, total (g)	51.2g	7.8g
- saturated (g)	16g	2.4g
Carbohydrate (g)	44.8g	6.8g
- sugars (g)	16g	2.4g
Sodium (mg)	886mg	135mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	517kJ (124Cal)
Protein (g)	44.6g	6.8g
Fat, total (g)	50.3g	7.6g
- saturated (g)	16.4g	2.5g
Carbohydrate (g)	44.8g	6.8g
- sugars (g)	16g	2.4g
Sodium (mg)	888mg	135mg

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



Roast the potatoes

- Preheat the 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 heatproof bowl, microwave the **butter** in **10 second** bursts, until melted.
- Remove tray from the oven, crush **potatoes** until 1cm-thick, drizzle over the **melted butter** and sprinkle with **shaved Parmesan cheese**. Roast until golden, a further **5 minutes**.

Little cooks: Help with sprinkling over the cheese!



Cook the meatballs

- Wipe out the frying pan and 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.

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



Get prepped

- While potatoes are roasting, thinly slice **red 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 the heat to medium, then add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Toss the salad

- While the meatballs are cooking, combine **tomato**, **cucumber**, **mixed salad leaves** and a drizzle of the **balsamic vinegar** and **olive oil** in a large bowl. Season to taste.

Little cooks: Take the lead by tossing the salad!



Make the meatballs

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **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.

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



Serve up

- Divide the spiced pork meatballs, cheesy roast potatoes and tomato salad between plates.
- Top the meatballs with caramelised onion. Serve with **garlic aioli**. Enjoy!

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