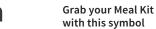


Spiced Pork Meatballs & Caramelised Onion with Cheesy Roast Potatoes & Cucumber Salad

KID FRIENDLY









Potato

Shaved Parmesan



Red Onion







Pork Mince

Garlic Aioli

Tomato

Cucumber



Fine Breadcrumbs





Leaves







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.



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

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	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		
As Asia				

^{*}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!



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.



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.



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.



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!



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!

Rate your recipe

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