

Baked Pork Meatballs & Herby Tomato Sauce

with Roast Veggie Bites & Fetta-Apple Salad

MEDITERRANEAN

KID FRIENDLY

Grab your meal kit with this number

39



Pork Mince



Fine Breadcrumbs



Sweet Potato



Beetroot



Diced Tomatoes With Onion & Garlic



Garlic & Herb Seasoning



Cucumber



Apple



Mixed Salad Leaves



Fetta Cubes



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 40-50 mins

Protein Rich

Calorie Smart

Saucy pork meatballs are better when shared, although we know that you won't want to once you tuck into these ones. A Mediterranean salad with the lot and sweet potato bites are also all you need to have the family racing to the table!

Pantry items

Olive Oil, Egg, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large baking dish · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| pork mince | 1 medium packet | 2 medium packets OR 1 large packet |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| salt* | ¼ tsp | ½ tsp |
| egg* | 1 | 2 |
| sweet potato | 2 | 4 |
| beetroot | 1 | 2 |
| diced tomatoes with onion & garlic | ½ packet | 1 packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| water* | ¼ cup | ½ cup |
| brown sugar* | 1 tsp | 2 tsp |
| butter* | 10g | 20g |
| cucumber | 1 | 2 |
| apple | 1 | 2 |
| mixed salad leaves | 1 small packet | 1 medium packet |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| fetta cubes | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2693kJ (644Cal) | 365kJ (87Cal) |
| Protein (g) | 40g | 5.4g |
| Fat, total (g) | 24.2g | 3.3g |
| - saturated (g) | 10.5g | 1.4g |
| Carbohydrate (g) | 64.8g | 8.8g |
| - sugars (g) | 34.7g | 4.7g |
| Sodium (mg) | 1527mg | 207mg |
| Dietary Fibre (g) | 13.3g | 1.8g |

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.

1



Prep the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a large bowl, combine **pork mince**, **fine breadcrumbs**, the **salt**, **egg** and a pinch of **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 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.

4



Make the meatballs saucy

- Once meatballs are done, remove baking dish from oven and stir through **diced tomatoes with onion & garlic (see ingredients)**, **garlic & herb seasoning**, the **water**, **brown sugar** and **butter**, until combined. Season to taste.
- Turn **meatballs** to coat, then bake until sauce is slightly thickened, a further **8-10 minutes**.

2



Bake the meatballs

- Transfer **meatballs** to a large baking dish. Drizzle with **olive oil** and turn to coat.
- Bake until browned, **15-20 minutes**.

5



Toss the salad

- While sauce is thickening, slice **cucumber** into thin rounds.
- Cut **apple** into thin wedges.
- In a medium bowl, combine **cucumber**, **apple**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

3



Roast the veggies

- Meanwhile, cut **sweet potato** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **sweet potato** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

6



Serve up

- Divide baked pork meatballs, roast veggie bites and apple salad between plates.
- Spoon herby tomato sauce from baking dish over meatballs.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

