



Oven Baked One-Dish Pork Meatballs

with Chilli-Butter Flatbread, Parmesan & Garden Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



Chilli Flakes (Optional)



Flatbread



Passata



Chicken-Style Stock Powder



Garlic Paste



Tomato



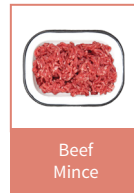
Carrot



Mixed Salad Leaves



Shaved Parmesan Cheese



Beef Mince

Recipe Update

Unfortunately, this week's bake-at-home ciabatta was in short supply, so we've replaced it with flatbread. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins

Tonight's pork meatballs are cooked strictly in the oven, meaning minimal elbow work, and maximum flavour! With toasted ciabatta and a bright garden salad to serve, you've got ample bread to soak up the gorgeous tomato sauce and leafy greens for the perfect palate cleanser.

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

Pantry items

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

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

Medium baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
butter*	40g	80g
chilli flakes (optional)	pinch	pinch
flatbread	1	2
passata	1 box	2 boxes
chicken-style stock powder	½ medium sachet	1 medium sachet
garlic paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
tomato	1	2
carrot	1	2
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3160kJ (755Cal)	602kJ (144Cal)
Protein (g)	41.1g	7.8g
Fat, total (g)	39.6g	7.5g
- saturated (g)	19.7g	3.8g
Carbohydrate (g)	56.6g	10.8g
- sugars (g)	16.3g	3.1g
Sodium (mg)	1854mg	353mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	607kJ (145Cal)
Protein (g)	44.5g	8.5g
Fat, total (g)	38.6g	7.4g
- saturated (g)	20.2g	3.8g
Carbohydrate (g)	56.6g	10.8g
- sugars (g)	16.3g	3.1g
Sodium (mg)	1857mg	354mg

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](https://www.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



1



Cook the meatballs

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, combine **pork mince**, **Aussie spice blend**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).
- Transfer **meatballs** to a medium baking dish. Drizzle with **olive oil** and turn to coat. Bake until browned, **15-20 minutes**.

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, prepare and cook the beef meatballs in the same way as the pork meatballs.

3



Make the salad

- While the meatballs are in the oven, roughly chop **tomato**. Grate **carrot**.
- In a second medium bowl, combine **mixed salad leaves**, **tomato**, **carrot** and a drizzle of the **vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Make it saucy

- In a heatproof bowl, combine half the **butter** and a pinch of **chilli flakes** (if using). Microwave in **10 second** bursts or until melted. Season with **salt**.
- Brush **chilli butter** over the **flatbread** (see ingredients).
- Remove **meatballs** from oven, then add **passata**, **chicken-style stock powder** (see ingredients), **garlic paste**, the **brown sugar** and remaining **butter**.
- Turn **meatballs** to coat, then bake until sauce is slightly thickened, a further **8-10 minutes**.
- Meanwhile, place **flatbread** on a lined oven tray and bake until warmed through, **4-7 minutes**.

4



Serve up

- Divide oven baked pork meatballs and garden salad between bowls.
- Top meatballs with shaved Parmesan cheese. Serve with chilli-butter flatbread. Enjoy!

Rate your recipe

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