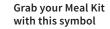
Pork & Parmesan Meatballs

with Roast Potatoes & Nutty Green Salad

KID FRIENDLY











Carrot

Snacking Tomatoes





Roasted Almonds





Shaved Parmesan Italian Herbs





Mustard Cider Dressing

Dill & Parsley

Fine Breadcrumbs



Leaves





Prep in: 20-30 mins Ready in: 40-50 mins Pork mince is a great base for big bold flavours, like the sharp Parmesan and Italian herbs in these meatballs. Complete with a delightful dill and parsley mayo for dipping and a textural treat of a salad, you'll never go back to old school meatballs when you have this recipe up your sleeve.

Pantry items Olive Oil, 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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
snacking tomatoes	½ punnet	1 punnet		
carrot	1	2		
roasted almonds	1 medium packet	1 large packet		
pork mince	1 small packet	1 medium packet		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
egg*	1	2		
Italian herbs	½ medium sachet	1 medium sachet		
fine breadcrumbs	½ medium packet	1 medium packet		
mustard cider dressing	1 packet	2 packets		
mixed salad leaves	1 small bag	1 medium bag		
dill & parsley mayonnaise	1 medium packet	1 large packet		
beef mince**	1 small packet	1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3267kJ (781Cal)	560kJ (134Cal)
Protein (g)	42.5g	7.3g
Fat, total (g)	50.9g	8.7g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	37.4g	6.4g
- sugars (g)	12g	2.1g
Sodium (mg)	695mg	119mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3292kJ (787Cal)	564kJ (135Cal)
Protein (g)	45.9g	7.9g
Fat, total (g)	50g	8.6g
- saturated (g)	11.3g	1.9g
Carbohydrate (g)	37.4g	6.4g
- sugars (g)	12g	2.1g
Sodium (mg)	697mg	120mg

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



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks.
- Finely chop garlic.
- Halve snacking tomatoes (see ingredients).
- Grate carrot.
- · Roughly chop roasted almonds.



Roast the potato

- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- · Roast until tender, 20-25 minutes.



Make the meatballs

- Meanwhile, in a medium bowl, combine pork mince, shaved Parmesan cheese, garlic, the egg, Italian herbs (see ingredients), fine breadcrumbs (see ingredients) and a good pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of pork mixture into small meatballs (4-5 per person). Transfer to a plate.

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



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).

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



Make the salad

 When the meatballs are almost done, combine mustard cider dressing, snacking tomatoes, carrot, roasted almonds and mixed salad leaves in a second medium bowl. Toss to coat, then season to taste.



Serve up

- Divide pork and Parmesan meatballs, roasted potatoes and nutty salad between plates.
- Serve with dill & parsley mayonnaise. Enjoy!

