



# Pork & Parmesan Meatballs

with Roast Potatoes & Nutty Green Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Snacking Tomatoes



Carrot



Roasted Almonds



Pork Mince



Shaved Parmesan Cheese



Italian Herbs



Fine Breadcrumbs



Mustard Cider Dressing



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Beef Mince

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.

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

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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)
<b>egg*</b>	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](https://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**.



## 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.



## 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 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.



## 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.



## Serve up

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

## Rate your recipe

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