

Herby Pork Meatballs & Onion Chutney

with Cauli-Potato Mash & Garden Salad

Grab your Meal Kit with this symbol



Potato



Cauliflower



Chicken-Style Stock Powder



Garlic



Herbs



Tomato



Cucumber



Pork Mince



Fine Breadcrumbs



Herb & Mushroom Seasoning



Onion Chutney



Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 30-40 mins
 Dietitian Approved

Carb Smart

How many meatballs are too many? The answer is you can never have enough of these herb-infused pork meatballs covered in our punchy onion chutney. A cauliflower and potato mash balances the whole dish out for you to enjoy until your appetite is content.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
garlic	3 cloves	6 cloves
herbs	1 bag	1 bag
tomato	1	2
cucumber	1 (medium)	1 (large)
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
herb & mushroom seasoning	1 sachet	2 sachets
onion chutney	1 packet (40g)	1 packet (80g)
balsamic vinegar*	drizzle	drizzle
water*	¼ cup	½ cup
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2144kJ (512Cal)	398kJ (95Cal)
Protein (g)	36.3g	6.7g
Fat, total (g)	22g	4.1g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	39.6g	7.4g
- sugars (g)	16.7g	3.1g
Sodium (mg)	937mg	174mg
Dietary Fibre (g)	6g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the mash

Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets. Cook **potato** and **cauliflower** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add **chicken-style stock powder** (see ingredients) and a drizzle of **olive oil**. Mash until smooth and season to taste. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!



Cook the meatballs

In a large frying pan, heat a generous 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). Remove the pan from heat, then add **onion chutney**, a drizzle of **balsamic vinegar** and the **water**, then toss meatballs to coat.

TIP: Add a splash more water if the glaze looks too thick.



Get prepped

Meanwhile, finely chop **garlic** and **herbs**. Cut **tomato** into wedges. Roughly chop **cucumber**.



Toss the salad

While the meatballs are cooking, combine **tomato**, **cucumber**, **mixed leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season with **salt** and **pepper**, then toss to combine.

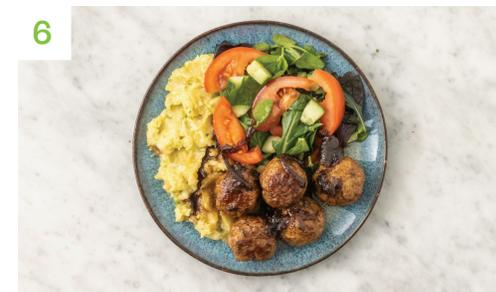
Little cooks: Take the lead by tossing the salad!



Prep the meatballs

In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **herb & mushroom seasoning**, **garlic** and a pinch of **salt**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Serve up

Stir herbs through mash. Divide cauli-potato mash, herby pork meatballs and onion chutney between plates. Spoon any remaining glaze over meatballs. Serve with garden salad.

Enjoy!