



Honey-Soy Glazed Pork Meatballs

with Creamy Ponzu Slaw

Grab your Meal Kit
with this symbol



Hands-on: 10-20 mins
Ready in: 25-35 mins

Spicy (optional long
green chilli)

Carb Smart

Revisit the classic honey-soy duo, but add a signature HelloFresh twist! We've created tender pork meatballs, which we add to a vibrant and crunchy celery slaw with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus. Sprinkle over some crushed peanuts and go for your life.

Pantry items

Olive Oil, Honey, Soy Sauce, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	1/4 cup
water*	1 tbs	2 tbs
pork mince	1 small packet	1 medium packet
panko breadcrumbs	1/2 medium packet	1 medium packet
egg*	1	2
ginger paste	1 medium packet	1 large packet
chicken stock powder	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
mayonnaise	1 packet (40g)	1 packet (100g)
ponzu sauce	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
crushed peanuts	1 medium packet	1 large packet
long green chilli (optional)	1/2	1
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2328kJ (556Cal)	615kJ (147Cal)
Protein (g)	35.5g	9.4g
Fat, total (g)	33g	8.7g
- saturated (g)	7.5g	2g
Carbohydrate (g)	26.3g	6.9g
- sugars (g)	13.2g	6.9g
Sodium (mg)	1773mg	468mg
Dietary Fibre (g)	9.5g	2.5g

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



2



Get prepped

- Finely chop or crush **garlic**.
- In a small bowl, combine the **honey**, **soy sauce**, **water** and 1/2 the **garlic**.
- In a large bowl, combine **pork mince**, **panko breadcrumbs** (see ingredients), **egg**, **ginger paste**, **chicken stock powder** and the remaining **garlic**. Using damp hands, form spoonfuls of the **mixture** into meatballs and transfer to a plate. You should get 5-6 meatballs per person.

3



4



Make the creamy slaw

- Meanwhile, thinly slice **celery**.
- In a medium bowl, combine **mayonnaise**, **ponzu sauce**, **celery**, **slaw mix**, **baby spinach leaves** and **crushed peanuts**. Season with **salt** and **pepper** and toss to coat.

Serve up

- Finely slice **green chilli** (if using).
- Divide creamy ponzu slaw and honey-soy glazed pork meatballs between bowls. Spoon over any glaze from the pan.
- Top with chilli. Tear over **coriander**.

Enjoy!

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