



Pork & Parmesan Meatballs

with Roast Potatoes & Nutty Green Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Cherry/ Snacking Tomatoes



Carrot



Roasted Almonds



Pork Mince



Grated Parmesan Cheese



Italian Herbs



Fine Breadcrumbs



Mustard Cider Dressing



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Beef Mince

Hands-on: 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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
cherry/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
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
egg*	1	2
Italian herbs	½ sachet	1 sachet
fine breadcrumbs	½ medium packet	1 medium packet
mustard cider dressing	½ packet	1 packet
mixed salad leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3226kJ (771Cal)	560kJ (133Cal)
Protein (g)	43.3g	7.5g
Fat, total (g)	47.6g	8.3g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	40.6g	7g
- sugars (g)	10.8g	1.9g
Sodium (mg)	544mg	94mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	559kJ (134Cal)
Protein (g)	46.7g	8.1g
Fat, total (g)	46g	8g
- saturated (g)	11g	1.9g
Carbohydrate (g)	40.2g	7g
- sugars (g)	10.7g	7g
Sodium (mg)	548mg	95mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **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 above.



Get prepped

Finely chop the **garlic**. Halve the **cherry tomatoes**. Grate the **carrot**. Roughly chop the **roasted almonds**.



Make the salad

When the meatballs are almost done, combine the **mustard cider dressing** (see ingredients), **cherry tomatoes**, **carrot**, **almonds** and **mixed salad leaves** in a medium bowl. Toss to coat, then season to taste.



Make the meatballs

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

CUSTOM RECIPE

If you've swapped to beef mince, prepare the meatballs the same way as above.



Serve up

Divide the pork and Parmesan meatballs, roast potatoes and nutty salad between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!

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