

Saucy Spanish-Style Pork Meatballs

with Garlic Veggie Couscous & Parsley

MEDITERRANEAN

Grab your Meal Kit with this symbol



Capsicum



Tomato



Celery



Onion



Garlic



Parsley



Pork Mince



Nan's Special Seasoning



Fine Breadcrumbs



Couscous



Aussie Spice Blend



Chilli Flakes (Optional)



Tomato Paste



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

These pork meatballs are bursting with bright flavours, coated in a tomato-based and veggie-filled sauce. Sitting atop a bed of fluffy garlic couscous to soak up all of that goodness, what more could you possibly want?

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

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
tomato	1	2
celery	1	2
onion	½	1
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
water* (for the couscous)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
water* (for the sauce)	½ cup	1 cup
brown sugar*	½ tsp	1 tsp
butter*	20g	40g
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2276kJ (544Cal)	554kJ (132Cal)
Protein (g)	35.1g	8.5g
Fat, total (g)	15.3g	3.7g
- saturated (g)	5.5g	1.3g
Carbohydrate (g)	64.4g	15.7g
- sugars (g)	7.4g	1.8g
Sodium (mg)	1239mg	302mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2567kJ (614Cal)	625kJ (149Cal)
Protein (g)	39.3g	9.6g
Fat, total (g)	19.8g	4.8g
- saturated (g)	8.4g	2g
Carbohydrate (g)	64.4g	15.7g
- sugars (g)	7.4g	1.8g
Sodium (mg)	1218mg	296mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Get prepped

- Cut **capsicum** into bite-sized chunks. Roughly chop **tomato**. Finely chop **celery**, **onion** (see ingredients) and **garlic**. Roughly chop **parsley**.
- In a medium bowl, combine **pork mince**, **Nan's special seasoning**, **fine breadcrumbs** and the **egg**.
- 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, follow instructions as above.



Cook the veggies

- Return frying pan to medium-high heat. Cook **capsicum**, **celery**, **onion** and **tomato** until tender, **5-7 minutes**.
- Add **Aussie spice blend**, a pinch of **chilli flakes** (if using), **tomato paste** and remaining **garlic**, and cook until fragrant, **1-2 minutes**.



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).
- Transfer to a plate.

Custom Recipe: Follow instructions as above.



Bring it all together

- Return **meatballs** to pan, add the **water (for the sauce)**, the **brown sugar** and **butter** and simmer, stirring, until slightly reduced, **2-3 minutes**.



Make the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook half the **garlic** until fragrant, **1 minute**. Add the **water (for the couscous)** and a pinch of **salt**, then bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Divide garlic couscous between bowls.
- Top with saucy Spanish-style pork meatballs.
- Garnish with parsley to serve. Enjoy!

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