



Quick Honey-Soy & Ginger Pork Meatballs

with Ponzu Radish Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Pork Mince



Fine Breadcrumbs



Ginger Paste



Chicken-Style Stock Powder



Radish



Fresh Chilli (Optional)



Plant-Based Mayo



Ponzu Sauce



Slaw Mix



Baby Leaves



Crushed Peanuts



Spring Onion



Beef Mince

Prep in: 20-30 mins
Ready in: 25-30 mins

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 creamy slaw with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus. Sprinkle over some spring onion and go for your life.

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

Pantry items

Olive Oil, Honey, Soy Sauce, 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

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*	1 tbs	2 tbs
water*	1 tbs	2 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
egg*	1	2
chicken-style stock powder	1 medium sachet	1 large sachet
radish	2	3
fresh chilli  (optional)	½	1
plant-based mayo	1 medium packet	2 medium packets
ponzu sauce	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
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)	2539kJ (607Cal)	649kJ (155Cal)
Protein (g)	36.5g	9.3g
Fat, total (g)	38.5g	9.8g
- saturated (g)	8.7g	2.2g
Carbohydrate (g)	30.5g	7.8g
- sugars (g)	14.7g	3.8g
Sodium (mg)	1980mg	506mg
Dietary Fibre (g)	4.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	723kJ (173Cal)
Protein (g)	40.7g	10.4g
Fat, total (g)	43g	11g
- saturated (g)	11.6g	3g
Carbohydrate (g)	30.5g	7.8g
- sugars (g)	14.7g	3.8g
Sodium (mg)	1959mg	501mg
Dietary Fibre	4.5g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



1



Get prepped

- Finely chop **garlic**.
- In a small bowl, combine the **honey, soy sauce, water** and half the **garlic**. Set aside.

Little cooks: Take charge by combining the sauces!

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**.
- In the **last minute** of cook time, add the **honey-soy mixture** and cook, stirring, until the meatballs are coated in the sauce. Remove from heat.
- Meanwhile, thinly slice **radish** and **fresh chilli** (if using).
- In a medium bowl, combine **plant-based mayo, ponzu sauce, radish, slaw mix, baby leaves** and **crushed peanuts**. Season with **salt** and **pepper**. Toss to coat.

Custom Recipe: Cook beef meatballs in the same way as above.

2



Make the meatballs

- In a large bowl, combine **pork mince, fine breadcrumbs, ginger paste**, the **egg, chicken-style stock powder** and remaining **garlic**.
- 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 step as above.

4



Serve up

- Thinly slice **spring onion**.
- Divide ponzu radish slaw between bowls. Top with honey-soy and ginger pork meatballs.
- Spoon over any remaining glaze from the pan.
- Garnish with **chilli** and spring onion to serve. Enjoy!

Rate your recipe

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