



Easy Honey, Soy & Ginger Pork Meatballs

with Ponzu & Celery Slaw

Grab your Meal Kit with this symbol



Garlic



Pork Mince



Panko Breadcrumbs



Ginger Paste



Chicken-Style Stock Powder



Celery



Long Green Chilli (Optional)



Mayonnaise



Ponzu Sauce



Slaw Mix



Baby Spinach Leaves



Crushed Peanuts



Coriander



Beef Mince



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



Carb Smart



Spicy (optional long green chilli)

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.



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

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	¼ cup
water*	1 tbs	2 tbs
pork mince	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
egg*	1	2
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
celery	1 stalk	2 stalks
long green chilli (optional)	½	1
mayonnaise	1 packet (40g)	1 packet (80g)
ponzu sauce	1 packet (30g)	1 packet (60g)
slaw mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets
coriander	1 bag	1 bag
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2433kJ (582Cal)	638kJ (152Cal)
Protein (g)	36.9g	9.7g
Fat, total (g)	37g	9.7g
- saturated (g)	8.9g	2.3g
Carbohydrate (g)	29.8g	7.8g
- sugars (g)	13.4g	3.5g
Sodium (mg)	1984mg	520mg
Dietary Fibre (g)	6g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2553kJ (610Cal)	670kJ (160Cal)
Protein (g)	40.2g	10.5g
Fat, total (g)	35.4g	9.3g
- saturated (g)	10.1g	2.6g
Carbohydrate (g)	30.3g	7.9g
- sugars (g)	13.4g	3.5g
Sodium (mg)	2056mg	539mg
Dietary Fibre (g)	5.8g	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.

If you have any questions or concerns, please visit

hellofresh.co.nz/contact

2022 | CW07



Get prepped

- Finely grate **garlic**.
- In a small bowl, combine the **honey**, the **soy sauce**, the **water** and 1/2 the **garlic**. Set aside.



Cook the meatballs

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



Make the meatballs

- In a large bowl, combine **pork mince**, **panko breadcrumbs** (see ingredients), **ginger paste**, **egg**, **chicken-style stock powder** and remaining **garlic**.
- Using damp hands, roll spoonfuls of **pork mixture** into **meatballs** and transfer to a plate. You should get **5-6 meatballs** per person.

CUSTOM RECIPE

If you've swapped your pork mince for beef mince, prep and cook the beef in the same way as the pork!



Serve up

- Divide ponzu and celery slaw between bowls. Top with honey, soy and ginger pork meatballs.
- Spoon over any remaining glaze from the pan.
- Garnish with chilli and torn **coriander** to serve.

Enjoy!