



Slow-Cooked Pork & Apple-Meatball Risoni Bake

with Lemony Salad & Parmesan

Grab your Meal Kit with this symbol



Leek



Carrot



Lemon



Apple



Fine Breadcrumbs



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Risoni



Cream



Salad Leaves



Grated Parmesan Cheese



Pork Mince



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Beef Mince

Prep in: 20-30 mins
Ready in: 80-90 mins

We know you've probably had your fair share of pork meatballs, but have you had them with juicy apple rolled into the mixture? Trust us, you're going to love it, especially in a cheesy and herb-infused risoni, baked and warmed to be eaten as soon as it comes out of the oven.

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

Pantry items

Olive Oil, Egg, Plain Flour, Butter

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 ovenproof pot with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
carrot	1	2
lemon	½	1
apple	½	1
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
garlic & herb seasoning	1 sachet	1 sachet
plain flour*	½ tbs	1 tbs
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	1½ cups	3 cups
risoni	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (250ml)
butter*	20g	40g
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4012kJ (959Cal)	759kJ (181Cal)
Protein (g)	45.5g	8.6g
Fat, total (g)	57.2g	10.8g
- saturated (g)	29.4g	5.6g
Carbohydrate (g)	62.8g	11.9g
- sugars (g)	12.3g	2.3g
Sodium (mg)	1299mg	246mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4359kJ (1042Cal)	825kJ (197Cal)
Protein (g)	49.8g	9.4g
Fat, total (g)	62g	11.7g
- saturated (g)	32.9g	6.2g
Carbohydrate (g)	62.8g	11.9g
- sugars (g)	12.3g	2.3g
Sodium (mg)	1276mg	241mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Thinly slice **leek**. Finely chop **carrot**. Zest **lemon** to get a pinch, then slice into wedges. Grate **apple** (see ingredients) and squeeze out any excess moisture using a paper towel.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **garlic & herb seasoning**, grated **apple** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, use the beef in the same way as the pork mince.



Cook the risoni

- Remove lid or foil from the pot, then add **risoni** and stir to combine.
- Re-cover with lid or tightly with foil and bake until liquid has absorbed, **25-30 minutes**.



Sear the meatballs

- In a large ovenproof pot, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned, **3-4 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: The meatballs will finish cooking in step 3!



Bring it all together

- Remove pot from the oven. Stir in **cream** (see ingredients), the **butter**, **lemon zest** and a squeeze of **lemon juice**. Season to taste and set aside, uncovered, to rest for **5 minutes**.
- Meanwhile, combine **salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil** in a medium bowl. Season to taste.

TIP: Add a splash of water if the sauce looks too thick.

TIP: Resting the dish ensures risoni is extra creamy!



Bake the meatballs

- Return the pot to medium-high heat with a drizzle of **olive oil**. Cook **leek** and **carrot**, stirring, until slightly softened, **2-3 minutes**.
- Add the **plain flour** and cook for **1 minute**. Stir in **chicken-style stock powder** and the **water**. Season generously and bring to the boil.
- Return **meatballs** to the pot. Cover with lid or tightly with foil and bake for **25 minutes**.

TIP: If you don't have an ovenproof pot, transfer mixture to a baking dish instead!



Serve up

- Divide slow-cooked creamy pork and apple meatball risoni bake between bowls.
- Sprinkle with **grated Parmesan cheese**.
- Serve with lemony salad and remaining lemon wedges. Enjoy!

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