



Gochujang Glazed Pork Meatballs with Sesame Chips and Carrot Salad

27

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Black Sesame Seeds



Carrot



Rice Vinegar



Garlic Clove



Panko Breadcrumbs



Pork Mince



Gochujang Paste



Honey



Baby Leaf Mix



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, peeler, bowl and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds 3)	5g	5g	10g
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Baby Leaf Mix**	50g	70g	100g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	480g	100g	480g	100g
Energy (kJ/kcal)	2594 /620	541 /129	2368 /566	483
Fat (g)	28.8	6.0	22.2	4.6
Sat. Fat (g)	10.1	2.1	8.8	1.8
Carbohydrate (g)	63.5	13.2	63.3	13.2
Sugars (g)	18.9	3.9	18.6	3.9
Protein (g)	31.4	6.5	34.7	7.2
Salt (g)	2.93	0.61	2.97	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **black sesame seeds**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



4 Get Baking

Pop the **meatballs** onto another large baking tray.

Bake on the top shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The meatballs are cooked when no longer pink in the middle.



2 Carrot Ribbon Time

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a large bowl, combine the **rice vinegar**, a drizzle of **oil**, a pinch of **salt** and the **sugar for the dressing** (see pantry for amount). Set aside your **dressing** for now.



5 Spicy Glaze Time

Once the **meatballs** are cooked, remove the tray from the oven.

Drain and discard the fat, then drizzle over the **gochujang paste** (add less if you'd prefer things milder) and the **honey**. Carefully turn the **meatballs** to coat them in the **gochujang glaze**.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



3 Make the Meatballs

While the **chips** cook, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, the **breadcrumbs** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, prep and cook the recipe in the same way.



6 Serve Up

When everything's ready, add the **baby leaf mix** and the **carrot ribbons** to the bowl of **dressing**. Toss together.

Share the **gochujang meatballs** between your plates, spooning over any remaining **glaze** from the tray.

Serve with the **chips** and **salad** alongside.

Enjoy!