

Tiggy's Thai Style Meatball Sandwich

with Chips, Pickled Carrot Salad and Sriracha Mayo

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Baby Gem Lettuce



Ginger, Garlic & Lemongrass Puree



Thai Style Spice Blend



Breadcrumbs



British Pork Mince



Carrot



Rice Vinegar



Sriracha Sauce



Ciabatta



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise, Honey

↔ Swap to Beef Mince

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!



Fragrant and spicy, this sensational sandwich stack is - in Tiggy's words - "a feast inspired by the South East", drawing specifically on the flavours of Thailand. It's perfect for the colder months to bring some sunshine to your table.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl and peeler.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Baby Gem Lettuce**	1	2	3
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	10g	15g	20g
British Pork Mince**	240g	360g	480g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Sriracha Sauce	15g	30g	30g
Ciabatta 13)	2	3	4
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	3 tbsp	4 tbsp	5 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	610g	100g	610g	100g
Energy (kJ/kcal)	3875 / 926	635 / 152	3644 / 871	597 / 143
Fat (g)	44.1	7.2	37.5	6.1
Sat. Fat (g)	11.1	1.8	9.7	1.6
Carbohydrate (g)	102.2	16.8	102.0	16.7
Sugars (g)	15.3	2.5	15.0	2.5
Protein (g)	35.0	5.7	38.6	6.3
Salt (g)	2.94	0.48	2.94	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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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).

Trim the **baby gem**, reserve 2 whole leaves per person, then halve lengthways and thinly slice. Set aside.

Pop the **chips** onto a large baking tray. Drizzle with **oil**, 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.

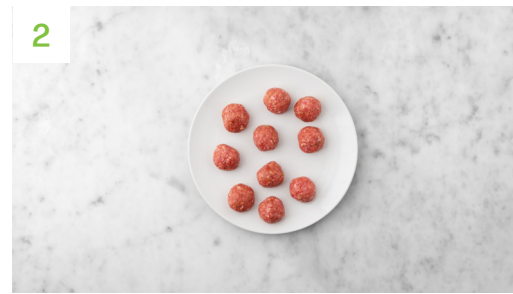


Time to Bake

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.

Meanwhile, in a small bowl, mix together the **sriracha** and **mayonnaise** (see pantry for amount). Halve the **ciabatta**.



Make your Meatballs

While the **chips** are in the oven, in a large bowl, combine the **ginger, garlic & lemongrass puree**, **Thai style spice blend**, **breadcrumbs**, **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.

↔ Swap to Beef Mince

Prep and cook the **beef mince** in the same way as the **pork**.

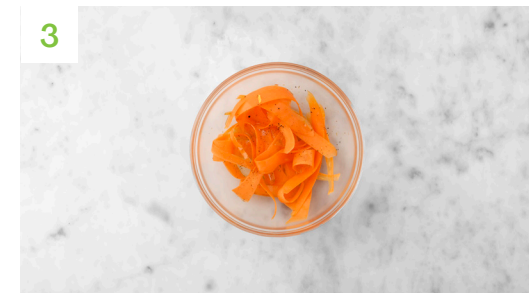


Finishing Touches

When everything's nearly ready, toast the **ciabatta halves** in your toaster until golden.

Alternatively, if you don't have a toaster, pop the **ciabatta** into the oven to warm through, 2-3 mins.

Once the **meatballs** have cooked, remove the tray from the oven. Drain and discard the fat, then drizzle over the **honey** (see pantry for amount). Carefully turn the **meatballs** to coat them in the **glaze**.

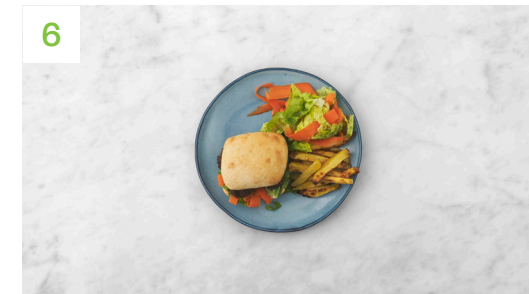


Get in a Pickle

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

In another large bowl, combine the **rice vinegar**, a drizzle of **oil**, a pinch of **salt** and the **sugar for pickling** (see pantry for amount).

Add the **carrot ribbons**, mix together, then set aside to **pickle**.



Stack up and Serve

When everything's ready, spread the **sriracha mayo** over the cut sides of the **ciabatta**. Squeeze the **carrot** to remove some of the **pickling liquid**. Top the **bases** with the **reserved salad leaves** and the **pickled carrot**.

Arrange the **meatballs** over the **carrot**, then place the **ciabatta lid** on top.

Toss the remaining **baby gem** through the **carrot pickling liquid** and serve with the **chips** alongside.

Enjoy!