

















Thai Style Pork Meatballs on Flatbreads

with Sesame Sweet Potato Wedges and Peanut Butter Drizzle

Street Food 45 Minutes • 3 of your 5 a day

34



-  Sweet Potato
-  Lime
-  Peanut Butter
-  Soy Sauce
-  Sweet Chilli Sauce
-  Sesame Seeds
-  Panko Breadcrumbs
-  Red Thai Style Paste
-  Pork Mince
-  Salted Peanuts
-  Carrot
-  Cucumber
-  Mint
-  Greek Flatbreads

Before you start

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

Cooking tools

Kettle, Zester, Mixing Bowl, Baking Tray, Bowl and Peeler.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Lime**	½	1	1
Peanut Butter 1)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Sweet Chilli Sauce	48g	64g	96g
Boiling Water*	2 tbsp	3 tbsp	4 tbsp
Sesame Seeds 3)	7g	15g	15g
Panko Breadcrumbs 13)	10g	25g	25g
Red Thai Style Paste	50g	75g	100g
Pork Mince**	240g	360g	480g
Salted Peanuts 1)	25g	40g	40g
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Carrot**	2	2	2
Cucumber**	½	1	1
Mint**	1 bunch	1 bunch	1 bunch
Greek Flatbreads 7) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	791g	100g
Energy (kJ/kcal)	5255/1256	664/159
Fat (g)	60	8
Sat. Fat (g)	13	2
Carbohydrate (g)	133	17
Sugars (g)	36	5
Protein (g)	47	6
Salt (g)	4.48	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 7) Milk 11) Soya 13) 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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Get Prepped

Preheat your oven to 200°C. Boil a half-full kettle. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Zest and halve the **lime**. Put the **peanut butter, soy sauce, sweet chilli sauce** and **boiling water** (see ingredients for amount) into a bowl. Squeeze in **half the lime juice** and mix to combine. Set aside. **TIP: Add another splash of water if you feel it needs it - you want it drizzling consistency.**



Bake the Meatballs

Pop the **meatballs** onto another large baking tray, drizzle with **oil** then bake on the top shelf of your oven until browned on the outside and cooked through, 15-20 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.** Meanwhile, roughly chop the **peanuts** and pop into a medium bowl. Squeeze in the remaining **lime juice** and add the **olive oil for the dressing** (see ingredients for amount). Season with **salt, pepper** and a pinch of **sugar**. Mix to combine.



Bake the Wedges

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **sesame seeds**. Toss to coat then spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Make the Salad

Trim and peel the **carrot**, then trim the **cucumber**. Use a vegetable peeler to peel long ribbons from all sides of the lengths of both. Stop when you get to the core/seeds. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Add the **mint** to the bowl of **dressing** and mix again, then add the **carrot** and **cucumber ribbons**. Toss to coat in the **dressing**.



Make the Meatballs

Pop the **panko breadcrumbs** into a bowl. Add the **red Thai style paste** and **lime zest** then mix together. Add the **pork mince**. Season with **salt** and **pepper**. Using your hands, mix everything together until very well combined. Shape the **mixture** into evenly sized balls, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Finish and Serve

When everything has nearly finished cooking, pop the **flatbreads** in your oven until warm and starting to turn golden, 3-4 mins. Serve the **flatbreads** with a handful of **salad** on top, followed by the **meatballs** and some **peanut butter drizzle**. Divide the **sweet potato wedges** between your plates with any remaining **salad** and **peanut sauce** on the side.

Enjoy!