



# BBQ-Glazed Beef & Pork Meatballs

with Garlic Veggie Mash & Charred Corn Slaw

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Sweetcorn



Spring Onion



Beef & Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



BBQ Sauce



Slaw Mix



Grated Parmesan Cheese

Prep in: 25-35 mins

Ready in: 30-40 mins

Calorie Smart\*

\*Custom Recipe is not Calorie Smart

A classic BBQ sauce is a wonderful topping to add, but we're being a bit tricky tonight. Surprise everyone by using the BBQ sauce as a glaze for the beef and pork meatballs. The smokey flavours will sing in the pan. The surprises don't stop there because we're making a veggie mash with parsnip and potato, a one-up from the beloved mash potato.

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

### Pantry items

Olive Oil, Milk, Egg, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
<b>milk*</b>	2 tbs	¼ cup
sweetcorn	1 tin	1 tin
spring onion	1 stem	2 stems
beef & pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
BBQ sauce	1 packet (40g)	1 packet (80g)
slaw mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
grated Parmesan cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	461kJ (110Cal)
Protein (g)	39.9g	7g
Fat, total (g)	26.5g	4.6g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	65.2g	11.4g
- sugars (g)	25.6g	4.5g
Sodium (mg)	1093mg	191mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2838kJ (678Cal)	486kJ (116Cal)
Protein (g)	44.2g	7.6g
Fat, total (g)	29.9g	5.1g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	65.2g	11.2g
- sugars (g)	25.6g	4.4g
Sodium (mg)	1185mg	203mg

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://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

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## Make the veggie mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **parsnip**, then cut both into small chunks. Peel **garlic** cloves.
- Cook **potato**, **parsnip** and **garlic** cloves in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain.
- Return **veggies** and **garlic** to the pan, then add the **milk** and a drizzle of **olive oil**. Season with **salt** and mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato and carrot unpeeled!

**Little cooks:** Get those muscles working and help mash the veggies!

**Custom Recipe:** If you've added grated Parmesan cheese, stir cheese through the mash. Season as above and cover to keep warm.

4



## Cook the meatballs

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove from heat, then add **BBQ sauce** and a splash of **water**, tossing **meatballs** to coat.

**TIP:** For best results, drain the oil from the pan before cooking the glaze.

**TIP:** Reduce heat to medium if meatballs are becoming too charred.

2



## Get prepped

- Meanwhile, drain **sweetcorn**. Thinly slice **spring onion**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

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## Toss the slaw

- While the meatballs are cooking, add **slaw mix** and a drizzle of **white wine vinegar** and **olive oil** to the bowl of **charred corn**.
- Season and toss to coat.

3



## Make the meatballs

- In a medium bowl, combine **beef & pork mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mince mixture** into small meatballs (4-5 per person). Transfer to a plate.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

6



## Serve up

- Divide BBQ-glazed beef and pork meatballs, garlic veggie mash and charred corn slaw between plates.
- Garnish with spring onion to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the spring onion!

## Rate your recipe

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