



Onion Chutney Beef & Pork Meatballs

with Veggie Mash & Pear Salad

WINTER WARMERS

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Carrot



Pear



Beef & Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Onion Chutney



Spinach & Rocket Mix



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

A caramelised onion chutney is a wonderful topping to add, but we're going to one-up that tonight. Surprise everyone by glazing the meatballs with the chutney in the pan. The combination equals sticky, succulent deliciousness. The surprises don't stop there; we're making a veggie mash with carrot and potato. Magical!

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

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
pear	1	2
beef & pork mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
onion chutney	1 packet (40g)	1 packet (80g)
spinach & rocket mix	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2565kJ (613Cal)	467kJ (112Cal)
Protein (g)	38.4g	7g
Fat, total (g)	22.7g	4.1g
- saturated (g)	8.3g	1.5g
Carbohydrate (g)	63.3g	11.5g
- sugars (g)	25.3g	4.6g
Sodium (mg)	769mg	140mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2599kJ (621Cal)	473kJ (113Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	21.3g	3.9g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	63.3g	11.5g
- sugars (g)	25.3g	4.6g
Sodium (mg)	749mg	136mg

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 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

2023 | CW30



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and **carrot**, then cut both into small chunks. Thinly slice **pear** into wedges.

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



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 **onion chutney** 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.

Custom Recipe: Cook beef meatballs in the same way as above.



Mash the veggies

- Cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain, then return to saucepan.
- Drizzle with **olive oil** and season generously with **salt**. Mash until smooth, then cover to keep warm.

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



Toss the salad

- While the meatballs are cooking, in a second medium bowl, combine **spinach & rocket mix**, **pear** and a drizzle of **vinegar** and **olive oil**. Season.



Make the meatballs

- Meanwhile, combine **beef & pork mince**, the **egg**, **fine breadcrumbs**, **Aussie spice blend** and a pinch of **salt** and **pepper** in a medium bowl.
- 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!

Custom Recipe: If you've swapped from beef & pork mince to beef mince, prep as above.



Serve up

- Divide veggie mash and pear salad between plates. Top with onion chutney beef and pork meatballs. Enjoy!

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