



# One-Tray Mexican Beef Meatballs

with Cheesy Roast Veggies, Chipotle Mayo & Parsley

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



Smoked Cheddar Cheese



Mayonnaise



Mild Chipotle Sauce



Parsley



Diced Bacon

Prep in: 20-30 mins  
Ready in: 35-45 mins

Ch-ch-check out these chipotle cheesy roast veggies, gathered together on one tray alongside Mexican beef meatballs to create a vibrantly delicious plate ready to be devoured by you. We won't keep you any longer!

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

### Pantry items

Olive Oil, Egg



## 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

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
parsnip	1	2
sweetcorn	1 tin	1 tin
beef mince	1 packet	1 packet (or 2 packets)
Tex-Mex spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
mayonnaise	1 medium packet	1 large packet
mild chipotle sauce	1 packet (20g)	1 packet (40g)
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3507kJ (838Cal)	567kJ (136Cal)
Protein (g)	48.2g	7.8g
Fat, total (g)	43.2g	7g
- saturated (g)	16.6g	2.7g
Carbohydrate (g)	61.4g	9.9g
- sugars (g)	20.6g	3.3g
Sodium (mg)	1148mg	186mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4092kJ (978Cal)	612kJ (146Cal)
Protein (g)	56.2g	8.4g
Fat, total (g)	55.4g	8.3g
- saturated (g)	21g	3.1g
Carbohydrate (g)	61.4g	9.2g
- sugars (g)	20.6g	3.1g
Sodium (mg)	1547mg	231mg

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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1



## Start roasting the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **parsnip** into bite-sized chunks. Drain the **sweetcorn**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast for **10 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

3



## Bake the meatballs

- Place **meatballs** on the tray with the **veggies**, then bake until meatballs are golden and cooked through and veggies are tender, **15-20 minutes**.
- In last **5 minutes** of cook time, remove from oven, sprinkle **smoked Cheddar cheese** over the **veggies** and bake until golden and crispy.
- Meanwhile, combine **mayonnaise** and **mild chipotle sauce** in a small bowl.

**Little cooks:** Take charge by combining the sauces!

**Custom Recipe:** If you've added diced bacon, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook bacon, breaking up with a spoon, until golden, 6-7 minutes.

2



## Prep the meatballs

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **beef mince**, **Tex-Mex spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef 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!

4



## Serve up

- Divide Mexican beef meatballs and cheesy roast veggies between plates.
- Drizzle with chipotle mayo and tear over **parsley** to serve. Enjoy!

**Custom Recipe:** Divide Mexican beef meatballs, bacon and cheesy veggies between plates.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)