



Tex-Mex Beef & Pork Meatballs

with Cauliflower Rice & Yoghurt

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Garlic



Baby Kale



Onion



Carrot



Sweetcorn



Beef & Pork Mince



Fine Breadcrumbs



Tex-Mex Spice Blend



Cauliflower Rice



Vegetable Stock Powder



Greek-Style Yoghurt



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Carb Smart

We're checking off some must-haves with tonight's dinner. A scrumptious serving of plump beef and pork meatballs, check. Cooked in our favourite Tex-Mex spice, check. What about a cauliflower rice, for a light and fluffy addition, check. A load of veggies including sticky caramelised onion, check again. This recipe passes with flying colours!

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

Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby kale	1 small bag	1 medium bag
onion	½	1
carrot	1	2
sweetcorn	1 tin	1 tin
beef & pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
Tex-Mex spice blend	1 sachet	1 sachet
egg*	1	2
cauliflower rice	1 bag (250g)	1 bag (500g)
vegetable stock powder	½ medium sachet	1 medium sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2352kJ (562Cal)	461kJ (110Cal)
Protein (g)	38.6g	7.6g
Fat, total (g)	29.7g	5.8g
- saturated (g)	10.1g	2g
Carbohydrate (g)	35g	6.9g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1108mg	217mg
Dietary Fibre (g)	7.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	468kJ (112Cal)
Protein (g)	40.5g	7.9g
Fat, total (g)	28.4g	5.6g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	35g	6.9g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1102mg	216mg
Dietary fibre	7.5g	1.5g

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

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1



Get prepped

- Finely chop **garlic**. Roughly chop **baby kale** leaves. Thinly slice **onion** (see ingredients). Thinly slice **carrot** into half-moons. Drain the **sweetcorn**.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **beef & pork mince**, **fine breadcrumbs**, **Tex-Mex spice blend**, the **egg**, half the **garlic** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mince mixture** into small meatballs (4-5 per person). Transfer to a plate.

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

4



Cook the meatballs

- Wipe out the frying pan and return to medium-high heat with a generous drizzle of **olive oil**. Cook **meatballs**, turning, until browned, **5-7 minutes**.
- Reduce heat to medium, then add **onion**, stirring, until softened, **4-5 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well.

TIP: Add a splash more water if the onion mixture looks too thick.

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

2



Cook the carrot & corn

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **carrot** and **sweetcorn** until tender and lightly browned, **4-5 minutes**. Transfer to a large bowl.

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

5



Bring it all together

- While the meatballs are cooking, add **baby kale** and a drizzle of **white wine vinegar** and **olive oil** to the **cauliflower rice**. Toss to combine and season to taste.

3



Make the cauliflower rice

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic**, until fragrant, **1 minute**.
- Add **cauliflower rice** and **vegetable stock powder** (see ingredients) and cook until softened, **2-4 minutes**. Transfer to the bowl with **carrot** and **corn** and season to taste. Cover to keep warm.

6



Serve up

- Divide veggie cauliflower rice between bowls.
- Top with Tex-Mex beef and pork meatballs and caramelised onion.
- Serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

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