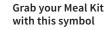


Tex-Mex Beef & Pork Meatballs

with Cauliflower Rice & Yoghurt

DIETITIAN APPROVED















Sweetcorn



Fine Breadcrumbs







Cauliflower Rice



Greek-Style Yoghurt



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!



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

ingi edients				
	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	1/2	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

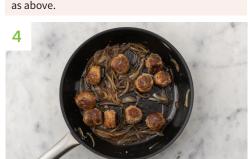
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Get prepped

- 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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate