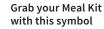
# Tex-Mex Beef & Pork Meatballs

with Cauliflower Rice & Yoghurt





















Sweetcorn





Fine Breadcrumbs



Cauliflower Rice



Spice Blend



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 & 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!

**Pantry items** Olive Oil

# 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 spinach leaves	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 medium sachet	1 large 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
0 1 5 1		

#### **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

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** | CW50

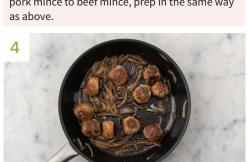




# Get prepped

- Finely chop garlic. Roughly chop baby spinach 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 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 bowl with carrot and corn and season to taste. Cover to keep warm.



# Bring it all together

 While the meatballs are cooking, add baby spinach 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!

#### Rate your recipe

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