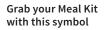


Homestyle Beef Meatballs & Cheesy Mash with Caramelised Onion Sauce & Sautéed Veggies

KID FRIENDLY













Potato





Fine Breadcrumbs





All-American Spice Blend

Green Beans







Carrot



Onion Chutney

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

Easy cheesy mashed potatoes coming right up! Do we hear a call for beef meatballs drizzled in a sweet caramelised onion sauce, we're on it. For the finishing fresh touch, sautéed veggies. Plate up and bon appétit!

Olive Oil, Butter, Milk, Egg, Balsamic Vinegar, Brown Sugar

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 · Medium frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	30g	60g	
milk*	2 tbs	1/4 cup	
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)	
beef mince	1 small packet	2 small packets OR 1 large packet	
fine breadcrumbs	1 medium packet	1 large packet	
All-American spice blend	1 medium sachet	1 large sachet	
egg*	1	2	
green beans	1 bag (100g)	1 bag (200g)	
carrot	1	2	
onion	1/2 (large)	1 (large)	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
onion chutney	1 medium packet	1 large packet	
pork mince**	1 packet	1 packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3747kJ (896Cal)	546kJ (130Cal)
Protein (g)	47.2g	6.9g
Fat, total (g)	46.3g	6.7g
- saturated (g)	22.1g	3.2g
Carbohydrate (g)	73.1g	10.6g
- sugars (g)	36.6g	5.3g
Sodium (mg)	1098mg	160mg
Custom Recipe		

Per 100g Avg Qty Per Serving 503kJ (120Cal) Energy (kJ) Protein (g) 43g 6.3g 41.8g Fat, total (g) 6.1g - saturated (g) 19.2g 2.8g Carbohydrate (g) 73.1g 10.6g - sugars (g) 36.6g 5.3g

1119mg

The quantities provided above are averages only.

Allergens

Sodium (mg)

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

2024 | CW08



163mg



Make the cheesy mash

- Boil the kettle. Half-fill a medium saucepan with boiling water. Peel **potato** and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- Drain and return to saucepan.
- Add the butter, milk, shredded Cheddar cheese and a pinch of salt to potato. Mash until smooth. Cover to keep warm.

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

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



Prep the meatballs

- Meanwhile, combine beef mince, fine breadcrumbs, All-American spice blend and the egg in a medium bowl.
- Using damp hands, roll heaped spoonfuls of the **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!

Custom Recipe: If you've swapped beef mince to pork mince, follow instructions as above.



Sauté the veggies

- Trim green beans. Slice carrot into thin sticks.
 Thinly slice onion (see ingredients).
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans and carrot until tender, 4-5 minutes.
- Season to taste. Transfer to a bowl and cover to keep warm.



Cook the meatballs

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook meatballs, turning, until browned and cooked through,
 8-10 minutes (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm.

TIP: Don't worry if the meatballs char a little, this adds to the flavour!

Custom Recipe: Cook pork meatballs in batches for best results.



Make the sauce

- Meanwhile, heat a medium frying pan over medium-high heat with a drizzle of olive oil.
- Cook onion, stirring, until softened,
 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes.
- Add onion chutney and a splash of water, stirring to combine.



Serve up

- Divide cheesy mash, homestyle beef meatballs and sautéed veggies between plates.
- Top meatballs with caramelised onion sauce to serve. Enjoy!

Rate your recipe

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