



Cheesy Lamb Meatballs & Italian Sauce

with Cauli-Potato Mash & Garlic Veggies

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Green Beans



Garlic



Thyme



Lamb Mince



Shredded Cheddar Cheese



Tomato Paste



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

The trick to keeping these lamb meatballs succulent and moist is a fabulous tomato sauce, and once you've mastered how to perfectly balance the flavours in yours, you'll never look back.

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

Pantry items

Olive Oil, Butter, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
potato	1	2
butter* (for the mash)	20g	40g
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	3 cloves	6 cloves
thyme	½ bag	1 bag
lamb mince	1 packet	1 packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
butter* (for the sauce)	20g	40g
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)	2533kJ (605Cal)	497kJ (119Cal)
Protein (g)	36.7g	7.2g
Fat, total (g)	38.4g	7.5g
- saturated (g)	19.3g	3.8g
Carbohydrate (g)	27.9g	5.5g
- sugars (g)	15.7g	3.1g
Sodium (mg)	499mg	98mg
Dietary Fibre (g)	8.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2977kJ (712Cal)	584kJ (140Cal)
Protein (g)	39.7g	7.8g
Fat, total (g)	47.5g	9.3g
- saturated (g)	24.3g	4.8g
Carbohydrate (g)	27.9g	5.5g
- sugars (g)	15.7g	3.1g
Sodium (mg)	480mg	94mg

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



Make the cauli-potato mash

- Bring a medium saucepan of salted water to the boil. Cut **cauliflower** into small florets. Peel **potato** and cut into large chunks.
- Cook **cauliflower** and **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and season generously with **salt**. Mash until smooth and 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 veggies!

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until tender, **2-3 minutes**.
- Add **green beans** and the remaining **garlic** and cook until tender, **3-4 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.

2



Get prepped

- While the veggies are cooking, thinly slice **carrot** into sticks. Trim and halve **green beans**. Finely chop **garlic**. Pick and finely chop **thyme (see ingredients)**.

5



Cook the meatballs & sauce

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Transfer to a bowl.
- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste** until fragrant, **1 minute**.
- Add the **water**, **brown sugar** and **butter (for the sauce)** and simmer, until slightly thickened, **1-2 minutes**. Return the **meatballs** to the pan and toss to coat. Season to taste.

3



Make the meatballs

- In a medium bowl, combine **lamb mince**, **thyme**, **shredded Cheddar cheese**, half the **garlic** and season with **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **lamb 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're using beef mince, prepare in the same way as above.

6



Serve up

- Divide cauli-potato mash and garlic veggies between plates. Top with cheesy lamb meatballs.
- Spoon any remaining sauce from the pan over meatballs to serve. Enjoy!

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