



Lamb Meatballs & Lemony Roast Veggie Toss

with Capsicum Relish Mayonnaise

MEDITERRANEAN

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsnip



Beetroot



Leek



Garlic & Herb Seasoning



Lamb Mince



Fine Breadcrumbs



Aussie Spice Blend



Lemon



Mayonnaise



Chargrilled Capsicum Relish



Parsley



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart*
*Custom Recipe is not Calorie Smart

We heard there's new meatballs in town and everyone is going wild for them, how could we resist either when they're lamb meatballs. People said that they arrived on the scene with a smokey capsicum relish mayo. And have you seen the roast veggies, they're super zesty and lemony. This dinner sure is the talk of the town!

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

Pantry items

Olive Oil, Egg, Honey

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
beetroot	1	2
leek	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lamb mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
lemon	½	1
mayonnaise	½ medium packet	1 medium packet
chargrilled capsicum relish	½ medium packet	1 medium packet
parsley	½ packet	1 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)	2566kJ (613Cal)	405kJ (97Cal)
Protein (g)	40.4g	6.4g
Fat, total (g)	19.1g	3g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	67.9g	10.7g
- sugars (g)	34.9g	5.5g
Sodium (mg)	1348mg	213mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal)	476kJ (114Cal)
Protein (g)	43.5g	6.9g
Fat, total (g)	28.2g	4.5g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	67.9g	10.7g
- sugars (g)	34.9g	5.5g
Sodium (mg)	1329mg	210mg

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

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **potato**. Cut **potato** and **parsnip** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Thickly slice **leek**.



Cook the meatballs

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **honey** and gently toss to coat.



Roast the veggies

- Place **veggies** on a lined oven tray and sprinkle over **garlic & herb seasoning**. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Bring it all together

- Meanwhile, slice **lemon** into wedges.
- Add a generous squeeze of **lemon juice** to the tray with the veggies and toss to combine.
- In a small bowl, combine **mayonnaise (see ingredients)** and **chargrilled capsicum relish (see ingredients)**. Season to taste.

Little cooks: Easy peasy, lemon squeezy! Kids can squeeze the lemon over the veggies.



Prep the meatballs

- Meanwhile, in a medium bowl, combine **lamb mince**, **fine breadcrumbs**, the **egg** and **Aussie spice blend**.
- 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've swapped to beef mince, prepare and cook the beef mince in the same way as the lamb mince.



Serve up

- Divide lemony roast veggie toss and lamb meatballs between plates. Drizzle meatballs with capsicum relish mayonnaise.
- Tear over **parsley (see ingredients)** and serve with any remaining lemon wedges. Enjoy!

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