



BBQ-Glazed Lamb Meatballs

with Roast Veggie Toss & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Garlic



Carrot



White Turnip



Parsnip



Beetroot



Flaked Almonds



Lamb Mince



All-American Spice Blend



BBQ Sauce



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Beef Mince

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

Carb Smart

These lamb meatballs are bursting with the tried and true flavours of our All-American spice blend and tangy BBQ sauce. On the side, we've got a bright, oven-baked veggie toss and a herby mayo for a splendid (and low carb) finish.

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
white turnip	1	2
parsnip	1	2
beetroot	1	2
flaked almonds	1 packet	2 packets
lamb mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2154kJ (515Cal)	478kJ (114Cal)
Protein (g)	31.6g	7g
Fat, total (g)	29.9g	6.6g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	28.6g	6.3g
- sugars (g)	23.3g	5.2g
Sodium (mg)	1170mg	260mg
Dietary Fibre (g)	11.1g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2597kJ (621Cal)	576kJ (138Cal)
Protein (g)	34.7g	7.7g
Fat, total (g)	39g	8.7g
- saturated (g)	10.2g	2.3g
Carbohydrate (g)	28.6g	6.3g
- sugars (g)	23.3g	5.2g
Sodium (mg)	1151mg	255mg
Dietary fibre (g)	11.1g	2.2g

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

2024 | CW10



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**. Cut **carrot**, **white turnip** and **parsnip** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **carrot**, **turnip**, **parsnip** and **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Cook the meatballs

- When the veggies have **10 minutes** cook time remaining, return frying pan to 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). Transfer to a paper towel-lined plate.
- Drain and wipe out the pan. Return **meatballs** to the pan, then add **BBQ sauce** and toss to coat.

Custom Recipe: Cook beef meatballs in the same way as the pork meatballs.

2



Toast the flaked almonds

- While veggies are roasting, heat a large frying pan over medium-high heat. Toast **flaked almonds** until golden, **2-3 minutes**.
- Transfer to a small bowl.

5



Bring it all together

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the **roasted veggies** and gently toss to combine.

3



Make the meatballs

- In a large bowl, combine **lamb mince**, **garlic** and **All-American spice blend**.
- Using damp hands, roll heaped spoonfuls of **lamb mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, prepare meatballs as above.

6



Serve up

- Divide roast veggie toss and BBQ-glazed lamb meatballs between plates.
- Spoon over any remaining glaze from the pan.
- Sprinkle over toasted almonds. Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

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