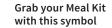
BBQ-Glazed Lamb Meatballs with Roast Veggie Toss & Dill-Parsley Mayo

















White Turnip









Beetroot

Flaked Almonds







Lamb Mince

Spice Blend





BBQ Sauce

Baby Spinach



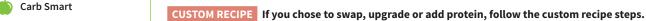


Dill & Parsley Mayonnaise



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

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.



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 \cdot Large frying pan

Ingredients

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	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
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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	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



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.



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.



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.



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.



Bring it all together

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



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!



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