



# Italian Beef Meatball & Veggie Soup

with Parmesan Cheese

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Courgette



Potato



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Tomato Paste



Garlic Paste



Beef-Style Stock Powder



Baby Leaves



Grated Parmesan Cheese



Parsley



Pork Mince

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

Calorie Smart

This warming soup is a bowl of pure Italian comfort, packed with a garden's worth of veggies! The addition of savoury beef meatballs make this dish extra hearty, and a sprinkle of Parmesan over the top gives just the right amount of rich cheesiness.

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

### Pantry items

Olive Oil, Egg

## 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 saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
courgette	1	2
potato	1	2
beef mince	1 medium packet	2 medium packets
fine breadcrumbs	1 medium packet	OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
tomato paste	1 packet	2 packets
garlic paste	1 medium packet	2 medium packets
beef-style stock powder	1 large sachet	2 large sachets
<b>water*</b>	2 cups	4 cups
baby leaves	1 medium packet	2 medium packets
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
pork 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)	2715kJ (649Cal)	490kJ (117Cal)
Protein (g)	44.1g	8g
Fat, total (g)	29.9g	5.4g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	47.2g	8.5g
- sugars (g)	18.7g	3.4g
Sodium (mg)	1997mg	360mg
Dietary Fibre (g)	9.6g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2424kJ (579Cal)	437kJ (104Cal)
Protein (g)	39.8g	7.2g
Fat, total (g)	25.4g	4.6g
- saturated (g)	9g	1.6g
Carbohydrate (g)	47.2g	8.5g
- sugars (g)	18.7g	3.4g
Sodium (mg)	2018mg	364mg
Dietary fibre	9.6g	1.7g

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](https://www.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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, courgette** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Start the soup

- Add **tomato paste** and **garlic paste** to the saucepan and cook, stirring until fragrant, **1-2 minutes**.
- Add **beef-style stock powder** and the **water**. Bring to the boil, then reduce heat to medium and simmer until slightly reduced, **3-4 minutes**.



## Get prepped

- Meanwhile, combine **beef mince, fine breadcrumbs, garlic & herb seasoning** and the **egg** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person). Transfer to a plate.

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



## Finish the soup

- Add **roasted veggies** and **baby leaves**, stirring until wilted, **1-2 minutes**.



## Cook the meatballs

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned **6-8 minutes** (cook in batches if your pan is getting crowded).

**Custom Recipe:** Follow instructions as above.



## Serve up

- Divide beef meatball and veggie soup between bowls.
- Sprinkle with **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)