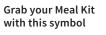


NEW

KID FRIENDLY















Beef Mince

Potato





Garlic & Herb

Seasoning

Fine Breadcrumbs





Garlic Paste

Tomato Paste



Beef-Style



Stock Powder



Grated Parmesan



Cheese





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.

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
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
potato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	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
water*	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 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.



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.



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.



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.



Finish the soup

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



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