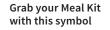


Apricot-Glazed Beef Meatballs with Potato Fries & Carrot Slaw

NEW

KID FRIENDLY













Celery



Chermoula Spice





Fine Breadcrumbs



Apricot Sauce

Beef-Style Stock Powder



Shredded Cabbage



Mayonnaise





Prep in: 20-30 mins Ready in: 30-40 mins Your favourite plump little orange fruit has been turned into a sauce and wrapped around tender chermoula-spiced beef meatballs to add a burst of sweetness. Paired with classic potato fries and a crunchy slaw, you can't go wrong!

Pantry items

Olive Oil, Egg, 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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
celery	1 stalk	2 stalks		
beef mince	1 medium packet	2 medium packets OR 1 large packet		
chermoula spice blend	1 medium sachet	1 large sachet		
beef-style stock powder	1 medium sachet	1 large sachet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
apricot sauce	1 medium packet	1 large packet		
shredded cabbage mix	1 medium packet	1 large packet		
white wine vinegar*	drizzle	drizzle		
mayonnaise	1 medium packet	1 large 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)	3069kJ (734Cal)	500kJ (120Cal)
Protein (g)	41.4g	6.7g
Fat, total (g)	31.6g	5.2g
- saturated (g)	10.3g	1.7g
Carbohydrate (g)	66.4g	10.8g
- sugars (g)	32.8g	5.3g
Sodium (mg)	984mg	160mg
Dietary Fibre (g)	7.3g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2778kJ (664Cal)	453kJ (108Cal)
Protein (g)	37.2g	6.1g
Fat, total (g)	27.1g	4.4g
- saturated (g)	7.4g	1.2g
Carbohydrate (g)	66.4g	10.8g
- sugars (g)	32.8g	5.3g
Sodium (mg)	1005mg	164mg
Dietary fibre	7.3g	1.2g

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 | CW19



Bake the fries

- Preheat oven to 220°C/200°C fan-forced. Cut potato into fries, then place on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



Get prepped

• Grate carrot. Thinly slice celery.



Make the meatballs

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine beef mince, chermoula spice blend, beef-style stock powder, fine breadcrumbs and the egg.
- Using damp hands, shape heaped spoonfuls of the beef mixture into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, prepare and cook pork meatballs in the same way as beef meatballs.



Cook the meatballs

- In a large frying pan, heat a drizzle of olive oil over a medium-high heat. 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 apricot sauce and a splash of water, tossing meatballs to coat.



Toss the slaw

 Meanwhile, in a second medium bowl, combine shredded cabbage mix, celery, carrot, a drizzle of white wine vinegar and olive oil. Season.



Serve up

- Divide apricot-glazed beef meatballs, potato fries and carrot slaw between plates.
- Serve with **mayonnaise**. Enjoy!



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