



Apricot-Glazed Beef Meatballs

with Potato Fries & Carrot Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Celery



Beef Mince



Chermoula Spice Blend



Beef-Style Stock Powder



Fine Breadcrumbs



Apricot Sauce



Shredded Cabbage Mix



Mayonnaise



Pork Mince

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!

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

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 · Large frying pan

Ingredients

	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



1



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**.

2



Get prepped

- Grate **carrot**. Thinly slice **celery**.

3



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.

4



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.

5



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.

6



Serve up

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

Rate your recipe

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