



Garlicky Beef Meatballs & Garden Salad

with Creamy Pesto Dressing

MEDITERRANEAN

Grab your Meal Kit with this symbol



Garlic



Cucumber



Radish



Tomato



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



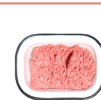
Onion Chutney



Mixed Salad Leaves



Creamy Pesto Dressing



Pork Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

For beef meatballs with some Mediterranean vibes, lace them with our rich herb seasoning. Then add an extra layer of flavour by coating them in our onion chutney before serving over a simple and textural salad to balance out the richness. Don't forget the drizzle of creamy basil pesto dressing to tie everything together.

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

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
radish	2	3
tomato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
onion chutney	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	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)	2273kJ (543Cal)	560kJ (134Cal)
Protein (g)	36g	8.9g
Fat, total (g)	33.5g	8.3g
- saturated (g)	10.1g	2.5g
Carbohydrate (g)	19.6g	4.8g
- sugars (g)	9.6g	2.4g
Sodium (mg)	755mg	186mg
Dietary Fibre (g)	5.6g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1983kJ (474Cal)	489kJ (117Cal)
Protein (g)	31.8g	7.8g
Fat, total (g)	29g	7.1g
- saturated (g)	7.2g	1.8g
Carbohydrate (g)	19.6g	4.8g
- sugars (g)	9.6g	2.4g
Sodium (mg)	776mg	191mg
Dietary fibre	5.6g	1.4g

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 | CW23



Get prepped

- Finely chop **garlic**.
- Thinly slice **cucumber**, **radish** and **tomato**.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over 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 **onion chutney** and a splash of **water**. Toss **meatballs** to coat. Set aside.
- In a large bowl, combine **mixed salad leaves**, **cucumber**, **radish**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

Custom Recipe: Follow instructions as above.



Make the meatballs

- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs**, the **egg**, **garlic** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mince mixture** into small meatballs (4-5 per person). Transfer to a plate.

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



Serve up

- Divide garden salad between plates.
- Top with beef meatballs, then spoon over any remaining glaze.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

Rate your recipe

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