



One-Tray Mexican Beef Meatballs

with Cheesy Roast Veggies, Chipotle Mayo & Parsley

KID FRIENDLY



Grab your Meal Kit with this symbol



White Turnip



Potato



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



Shredded Cheddar Cheese



Mayonnaise



Mild Chipotle Sauce



Parsley



Pork Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Ch-ch-check out these chipotle cheesy roast veggies, gathered together on one tray alongside Mexican beef meatballs to create a vibrantly delicious plate ready to be devoured by you. We won't keep you any longer!

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 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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
potato	2	4
carrot	1	2
sweetcorn	1 medium tin	1 large tin
beef mince	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
mild chipotle sauce	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)	3316kJ (793Cal)	552kJ (132Cal)
Protein (g)	45g	7.5g
Fat, total (g)	40g	6.7g
- saturated (g)	14.8g	2.5g
Carbohydrate (g)	59.3g	9.9g
- sugars (g)	25.5g	4.2g
Sodium (mg)	1017mg	169mg
Dietary Fibre (g)	8.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3026kJ (723Cal)	503kJ (120Cal)
Protein (g)	40.8g	6.8g
Fat, total (g)	35.5g	5.9g
- saturated (g)	11.9g	2g
Carbohydrate (g)	59.3g	9.9g
- sugars (g)	25.5g	4.2g
Sodium (mg)	1038mg	173mg
Dietary fibre	8.5g	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 | CW24



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **white turnip**. Cut **potato, carrot** and **turnip** into bite-sized chunks. Drain **sweetcorn**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly and roast until tender, **10 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Bake the meatballs

- Place **meatballs** on the tray with the **veggies**, then bake until meatballs are golden and cooked through and veggies are tender, for **15-20 minutes**.
- In last **5 minutes** of cook time, remove from oven, sprinkle with **shredded Cheddar cheese** over the **veggies** and bake until golden and crispy.
- Meanwhile, combine **mayonnaise** and **mild chipotle sauce** in a small bowl.

Little cooks: Take charge by combining the sauces!

Custom Recipe: Follow step as above.

2



Prep 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**, **Tex-Mex spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

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

4



Serve up

- Divide Mexican beef meatballs and cheesy roast veggies between plates.
- Drizzle with chipotle mayo and tear over **parsley** to serve. Enjoy!

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