

# Onion Chutney Beef & Pork Meatballs

with Veggie Mash & Pear Salad

KIWI FLAVOURS

KID FRIENDLY

Grab your meal kit with this number

38



Potato



Carrot



Pear



Beef & Pork Mince



Fine Breadcrumbs



Kiwi Spice Blend



Onion Chutney



Baby Leaves




Beef Mince



Slaw Mix

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

A caramelised onion chutney is a wonderful topping to add, but we're going to one-up that tonight. Surprise everyone by glazing the meatballs with the chutney in the pan. The combination equals sticky, succulent deliciousness. The surprises don't stop there; we're making a veggie mash with carrot and potato. Magical!

### Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
pear	1	2
beef & pork mince	1 medium packet	2 medium packets or 1 large packet
<b>egg*</b>	1	2
fine breadcrumbs	1 medium packet	1 large packet
Kiwi spice blend	1 sachet	2 sachets
onion chutney	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	500kJ (120Cal)
Protein (g)	38.5g	7.1g
Fat, total (g)	27.7g	5.1g
- saturated (g)	9.2g	1.7g
Carbohydrate (g)	61.8g	11.4g
- sugars (g)	30.5g	5.6g
Sodium (mg)	704mg	129mg
Dietary Fibre (g)	8.3g	1.5g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and **carrot**, then cut both into small chunks. Thinly slice **pear** into wedges.

**TIP:** Save time and get more fibre by leaving the potato and carrot unpeeled!



## Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove from heat, then add **onion chutney** and a splash of **water**, tossing **meatballs** to coat.

**TIP:** For best results, drain the oil from the pan before cooking the glaze.

**TIP:** Reduce heat to medium, if meatballs are becoming too charred.



## Mash the veggies

- Cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain, then return to saucepan.
- Drizzle with **olive oil** and season generously with **salt**. Mash until smooth, then cover to keep warm.

**Little cooks:** Get those muscles working and help mash the veggies!



## Toss the salad

- While the meatballs are cooking, in a second medium bowl, combine **baby leaves**, **pear** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Make the meatballs

- Meanwhile, combine **beef & pork mince**, the **egg**, **fine breadcrumbs**, **Kiwi spice blend** and a pinch of **salt** and **pepper** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **mince 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!



## Serve up

- Divide veggie mash between plates. Top with onion chutney beef and pork meatballs.
- Serve with pear salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



### CUSTOM OPTIONS

**SWAP TO BEEF MINCE**  
Follow method above.

**ADD SLAW MIX**  
Combine with salad.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

