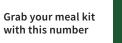


Onion Chutney Beef & Pork Meatballs with Veggie Mash & Pear Salad

KIWI FLAVOURS

KID FRIENDLY















Mince





Fine Breadcrumbs

Blend





Onion Chutney

Baby Leaves





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



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

9			
	2 People	4 People	
olive oil*	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	
egg*	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	
vinegar* (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 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!



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

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



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!



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.



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.



Serve up

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







