

Beef & Pork Meatballs & Onion Chutney Glaze

with Veggie Mash & Pear Salad

KIWI FLAVOURS

WINTER WARMERS

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



Beef & Pork Mince

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 these Kiwi-spiced 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
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!



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, combine **baby leaves**, **pear** and a drizzle of **vinegar** and **olive oil** in a second medium bowl. Season.



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 **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 and pear salad between plates. Top with beef and pork meatballs and onion glaze. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE BEEF & PORK MINCE
Follow method above.

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

