

One-Tray Mexican Beef Meatballs

with Cheesy Roast Veggies, Smokey Aioli & Parsley

KID FRIENDLY

Grab your meal kit with this number

11



Recipe Update

We've replaced the turnip in this recipe with kumara due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Kumara



Potato



Carrot



Sweetcorn



Diced Beetroot



Beef Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



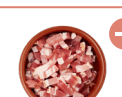
Shredded Cheddar Cheese



Smokey Aioli



Parsley



Diced Bacon



Pork Mince

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

Ch-ch-check out these 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!

Pantry items

Olive Oil, Egg

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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	2
potato	2	4
carrot	1	2
sweetcorn	1 medium tin	1 large tin
diced beetroot	1 medium packet	1 large packet
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
smokey aioli	1 medium packet	2 medium packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3550kJ (848Cal)	541kJ (129Cal)
Protein (g)	45.8g	7g
Fat, total (g)	44.5g	6.8g
- saturated (g)	15.6g	2.4g
Carbohydrate (g)	61.3g	9.3g
- sugars (g)	29.1g	4.4g
Sodium (mg)	1050mg	160mg
Dietary Fibre (g)	9.6g	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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **kumara**.
- Cut **potato, carrot** and **kumara** into bite-sized chunks.
- Drain **sweetcorn**.
- Place **veggies** on a lined oven tray along with **diced beetroot**. 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.

Little cooks: Take charge by combining the sauces!

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!

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM
OPTIONS



ADD DICED BACON

Sprinkle over with shredded Cheddar cheese.



SWAP TO 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.

