



# Lamb Meatballs & Lemony Roast Veggie Toss

with Sweet Capsicum Mayo

KIWI FLAVOURS

MEDITERRANEAN

KID FRIENDLY

Grab your meal kit with this number

35



Potato



Parsnip



Onion



Beetroot



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Lamb Mince



Kiwi Spice Blend



Fine Breadcrumbs



Lemon



Mayonnaise



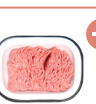
Chargrilled Capsicum Relish



Parsley



Beef Mince



Lamb Mince

Prep in: 25-35 mins  
Ready in: 30-40 mins

Protein Rich

Calorie Smart

We heard there's new meatballs in town and everyone is going wild for them, how could we resist either when they're lamb meatballs. People said that they arrived on the scene with a smoky capsicum relish mayo. And have you seen the roasted veggies, they're super zesty and lemony. This dinner sure is the talk of the town!

### Pantry items

Olive Oil, Egg, Honey



## 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 · Large frying pan

## Ingredients

|                             | 2 People        | 4 People                              |
|-----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>           | refer to method | refer to method                       |
| potato                      | 1               | 2                                     |
| parsnip                     | 1               | 2                                     |
| onion                       | ½               | 1                                     |
| beetroot                    | 1               | 2                                     |
| peeled pumpkin pieces       | 1 small packet  | 1 medium packet                       |
| garlic & herb seasoning     | 1 medium sachet | 1 large sachet                        |
| lamb mince                  | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| Kiwi spice blend            | 1 sachet        | 2 sachets                             |
| fine breadcrumbs            | 1 medium packet | 1 large packet                        |
| <b>egg*</b>                 | 1               | 2                                     |
| <b>honey*</b>               | 1 tsp           | 2 tsp                                 |
| lemon                       | ½               | 1                                     |
| mayonnaise                  | ½ medium packet | 1 medium packet                       |
| chargrilled capsicum relish | ½ medium packet | 1 medium packet                       |
| parsley                     | 1 packet        | 1 packet                              |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2641kJ (631Cal) | 420kJ (100Cal) |
| Protein (g)       | 39.4g           | 6.3g           |
| Fat, total (g)    | 24.6g           | 3.9g           |
| - saturated (g)   | 5.5g            | 0.9g           |
| Carbohydrate (g)  | 61.2g           | 9.7g           |
| - sugars (g)      | 31.6g           | 5g             |
| Sodium (mg)       | 1254mg          | 199mg          |
| Dietary Fibre (g) | 10.1g           | 1.6g           |

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **potato** and cut into bite-sized chunks. Cut **parsnip** into bite-sized chunks.
- Slice **onion (see ingredients)** into wedges.
- Cut **beetroot** into 1cm chunks.



## Cook the meatballs

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and gently toss to coat.



## Roast the veggies

- Place **potato, onion, beetroot, parsnip** and **peeled pumpkin pieces** on a lined oven tray and sprinkle over **garlic & herb seasoning**. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.

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



## Bring it all together

- Meanwhile, slice **lemon** into wedges.
- Add a generous squeeze of **lemon juice** to the tray with the **veggies** and toss to combine.
- In a small bowl, combine **mayonnaise (see ingredients)** and **chargrilled capsicum relish (see ingredients)**. Season to taste.

**Little cooks:** Easy peasy, lemon squeezy! Kids can squeeze the lemon over the veggies.



## Prep the meatballs

- Meanwhile, combine **lamb mince, Kiwi spice blend, fine breadcrumbs** and the **egg** in a large bowl.
- Using damp hands, roll heaped spoonfuls of **lamb 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 lemony roast veggie toss between bowls.
- Top with lamb meatballs and drizzle with sweet capsicum mayo.
- Tear over **parsley** and serve with any remaining lemon wedges. Enjoy!

CUSTOM  
OPTIONS

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

**DOUBLE LAMB MINCE**  
Follow method above, cooking in batches if necessary.

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

