



Saucy Pesto Beef Meatballs

with Spinach & Rocket Couscous

NEW

Grab your meal kit with this number

33



Garlic



Carrot



Beef Mince



Fine Breadcrumbs



Plant-Based Basil Pesto



Beef-Style Stock Powder



Couscous



Tomato Paste



Spinach & Rocket Mix



Grated Parmesan Cheese



Beef Mince



Pork Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

These beef meatballs have a flavourful twist, can you guess what it is? It's our favourite cheesy, nutty and herby condiment, mixed right in with the mince - pesto! This vibrant addition packs a punch with flavour. Serve these meatballs atop a fluffy couscous, coated in a rich tomato sauce for your new favourite meatball combo!

Pantry items

Olive Oil, Brown Sugar, Butter

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

Large frying pan with a lid · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
plant-based basil pesto	1 medium packet	2 medium packets
water* (for the couscous)	¾ cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the sauce)	¼ cup	½ cup
spinach & rocket mix	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3705kJ (885Cal)	978kJ (233Cal)
Protein (g)	44.6g	11.8g
Fat, total (g)	51.1g	13.5g
- saturated (g)	18.6g	4.9g
Carbohydrate (g)	57.7g	15.2g
- sugars (g)	10.1g	2.7g
Sodium (mg)	1466mg	387mg
Dietary Fibre (g)	6.3g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



Get prepped

- Finely chop the **garlic**.
- Thinly slice the **carrot** into half-moons.



Cook the couscous

- In a medium saucepan, combine the **water (for the couscous)** and **beef-style stock powder** and bring to the boil.
- Add the **couscous**, then stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.



Make the meatballs

- In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, **salt** and **plant-based basil pesto**.
- Using damp hands, take a heaped spoonful of the **beef mixture** and gently shape into a small **meatball**. Set aside on a plate and repeat. You should get 4-5 meatballs per person.

TIP: The pesto makes these meatballs extra tender but also delicate, so handle them carefully!



Make the sauce

- Return the frying pan to a medium-high heat with another drizzle of **olive oil**, if needed. Cook the **carrot** until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.
- Add **tomato paste**, the **brown sugar**, **butter** and the **water (for the sauce)**. Return the **meatballs** to the pan and cover with a lid. Reduce the heat to medium and simmer until the meatballs are cooked through, **6-7 minutes**.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash more water if the sauce is looking dry!



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef meatballs** until browned, **5-6 minutes** (they will continue cooking in step 5). Transfer to a plate.

TIP: Cook the meatballs in batches if they don't fit in a single layer!



Serve up

- Stir the **spinach & rocket mix** through the couscous, then divide between bowls.
- Top with the pesto beef meatballs, spooning over the tomato sauce.
- Sprinkle with the **grated Parmesan cheese** to serve. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE BEEF MINCE**
Follow method above.

↻ **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.

