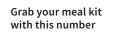


# Herby Beef Meatballs & Garden Salad with Creamy Pesto Dressing & Onion Chutney

MEDITERRANEAN

AIR FRYER FRIENDLY











White Turnip



**Beef Mince** 

Herb & Mushroom Seasoning





Fine Breadcrumbs

Onion Chutney





Leaves

Creamy Pesto Dressing





Prep in: 20-30 mins Ready in: 25-35 mins

**Carb Smart** 



For beef meatballs with some Mediterranean vibes, lace them with our rich herb seasoning. Then add an extra layer of flavour by coating them in our onion chutney before serving over a simple and textural salad to balance out the richness. Don't forget the drizzle of creamy pesto dressing to tie everything together.

**Pantry items** 

Olive Oil, Egg, Balsamic Vinegar

#### 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

Air fryer or Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
cucumber	1 (medium)	1 (large)	
white turnip	1/2	1	
tomato	1	2	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
herb & mushroom seasoning	1 medium sachet	2 medium sachets	
fine breadcrumbs	½ medium packet	1 medium packet	
egg*	1	2	
onion chutney	1 medium packet	1 large packet	
mixed salad leaves	1 medium packet	1 large packet	
balsamic vinegar*	drizzle	drizzle	
creamy pesto dressing	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2302kJ (550cal)	280kJ (67cal)
Protein (g)	36.7g	4.5g
Fat, total (g)	33.6g	4.1g
- saturated (g)	10.1g	1.2g
Carbohydrate (g)	20.3g	2.5g
- sugars (g)	12g	1.5g
Sodium (mg)	692mg	84.3mg
Dietary Fibre (g)	4.2g	0.5g

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

- Finely chop garlic.
- Thinly slice cucumber, white turnip (see ingredients) and tomato.



#### Cook the meatballs

- Set your air fryer to 200°C.
- Place meatballs into air fryer basket and cook until cooked through,
  8-10 minutes (cook in batches if your basket is getting crowded). Transfer to a bowl, then dollop over onion chutney and toss to coat.

TIP: No airfryer? Heat a large frying pan over high heat with a drizzle of olive oil. Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if necessary). Remove from heat, then add onion chutney and a splash of water. Toss meatballs to coat. Set aside.



#### Make the meatballs

- In a medium bowl, combine beef mince, herb & mushroom seasoning, fine breadcrumbs (see ingredients), the egg, garlic and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of mince mixture into small meatballs (4-5 per person). Transfer to a plate.



## Serve up

- In a large bowl, combine mixed salad leaves, cucumber, turnip, tomato and a drizzle of balsamic vinegar and olive oil. Season to taste.
- Divide garden salad between plates.
- Top with herby beef meatballs, then spoon over any remaining glaze.
- Drizzle with creamy pesto dressing to serve. Enjoy!

