



# Italian Beef Meatball Soup

with Potato, Leek & Parmesan

WINTER WARMERS

NEW

Grab your meal kit with this number

14



Carrot



Potato



Rosemary



Celery



Leek



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Garlic Paste



Tomato Paste



Chicken-Style Stock Powder



Grated Parmesan Cheese



Grated Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins  
Ready in: 35-45 mins



Protein Rich



Calorie Smart

Nothing suits a cold night more than a bowl of warm, steamy soup. This bowl of pure Italian comfort is packed with a garden's worth of veggies! The addition of savoury beef meatballs make this dish extra hearty, and a sprinkle of Parmesan over the top gives just the right amount of rich cheesiness.

### Pantry items

Olive Oil, Egg, Brown Sugar

## 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 saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
rosemary	2 sticks	4 sticks
celery	2 stalks	4 stalks
leek	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
garlic paste	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
chicken-style stock powder	1 large sachet	2 large sachets
<b>water*</b>	2 cups	4 cups
<b>brown sugar*</b>	½ tsp	1 tsp
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2533kJ (605Cal)	481kJ (114Cal)
Protein (g)	43.6g	8.3g
Fat, total (g)	24.8g	4.7g
- saturated (g)	11.1g	2.1g
Carbohydrate (g)	46.8g	8.9g
- sugars (g)	20.8g	3.9g
Sodium (mg)	1913mg	363mg
Dietary Fibre (g)	7.6g	1.4g

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

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Start the soup

- Return saucepan to a medium high heat with a drizzle of **olive oil**. Cook **leek** and **celery** until tender, **4-5 minutes**.
- Add **garlic paste**, **tomato paste** and **rosemary**, and cook stirring until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **water**.
- Bring to the boil, then reduce heat to medium. Return **meatballs** and simmer until slightly reduced, **3-4 minutes**.



## Get prepped

- Meanwhile, pick and finely chop **rosemary**. Thinly slice **celery** and **leek**.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **garlic & herb seasoning** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person). Transfer to a plate.



## Bring it all together

- Add **roasted veggies** and the **brown sugar**, stirring until combined, **1-2 minutes**.



## Cook the meatballs

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **meatballs**, and cook, turning until browned **6-8 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



## Serve up

- Divide Italian beef meatball soup between bowls. Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

### CUSTOM OPTIONS

- + **DOUBLE GRATED PARMESAN CHEESE**  
Follow method above.

- + **ADD DICED BACON**  
Before starting soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

