



BBQ-Glazed Beef & Pork Meatballs

with Parsnip-Potato Mash & Charred Corn Slaw

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

13



Potato



Parsnip



Garlic



Sweetcorn



Baby Leaves



Beef & Pork Mince



Fine Breadcrumbs



Kiwi Spice Blend



BBQ Sauce



Slaw Mix



Pork Mince



Beef Mince

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

Protein Rich

A classic BBQ sauce is a wonderful topping to add, but we're being a bit tricky tonight. Surprise everyone by using the BBQ sauce as a glaze for the beef and pork meatballs. The smokey specialised Kiwi flavours will sing in the pan. The surprises don't stop there because we're making a veggie mash with parsnip and potato, a one-up from the beloved mash potato.

Pantry items

Olive Oil, Milk, Egg, White Wine 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

Medium saucepan · Large frying pan · Air fryer lined with foil or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
milk*	2 tbs	¼ cup
sweetcorn	1 medium tin	1 large tin
baby leaves	1 small packet	1 medium packet
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Kiwi spice blend	1 sachet	2 sachets
egg*	1	2
BBQ sauce	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avq Qty	Per Serving	Per 100g
Energy (kJ)	2857kJ (682Cal)	489kJ (116Cal)
Protein (g)	39.1g	6.7g
Fat, total (g)	30.2g	5.2g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	66.3g	11.4g
- sugars (g)	33.4g	5.7g
Sodium (mg)	913mg	156mg
Dietary Fibre (g)	8.3g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the veggie mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **parsnip**, then cut into small chunks. Peel **garlic cloves**.
- Cook **potato**, **parsnip** and **garlic cloves** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain.
- Return **veggies** and **garlic** to pan, then add the **milk** and a drizzle of **olive oil**. Season with **salt** and mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the veggies unpeeled!

4



Cook the meatballs

- Set your air fryer to **200°C**.
- Place **meatballs** and **BBQ sauce** into the air fryer basket and cook until cooked through, **8-10 minutes**. Cook in batches if needed.

TIP: No air fryer? Return frying pan to medium-high heat. Cook meatballs, turning, until browned and cooked through, 8-10 minutes. Remove from heat, then add barbecue sauce and a splash of water, tossing meatballs to coat.

2



Get prepped

- Meanwhile, drain **sweetcorn**.
- Roughly chop **baby leaves**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Toss the slaw

- While the meatballs are cooking, to the bowl with the charred corn, add **slaw mix**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil**.
- Season and toss to coat.

3



Make the meatballs

- In a medium bowl, combine **beef & pork mince**, **fine breadcrumbs**, **Kiwi spice blend**, the **egg** 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.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

6



Serve up

- Divide parsnip-potato mash and charred corn slaw between bowls.
- Top with BBQ-glazed beef and pork meatballs to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



CUSTOM
OPTIONS



SWAP TO PORK MINCE
Follow method above.



SWAP TO BEEF 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.

