

# Garlicky Venison & Beef Meatballs

with Zesty Veggie Toss & Dill Parsley Mayo

NEW

Grab your meal kit with this number

14



Beetroot



Parsnip



Courgette



Leek



Venison & Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Baby Leaves



Lemon Pepper Spice Blend



Dill & Parsley Mayonnaise



Peeled Pumpkin Pieces



Grated Parmesan Cheese

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



Protein Rich



Carb Smart

Tonight's meatballs are extra special, with venison and beef mince! Seasoned with our garlic and herb blend and pan-fried until golden brown and delicious, they pack a punch with flavour. Serve them up with a zesty mix of veg and some creamy herb mayo for the perfect easy dinner.

### 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
parsnip	1	2
courgette	1	2
leek	1	2
venison & beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
baby leaves	1 small packet	1 medium packet
lemon pepper spice blend	½ large sachet	1 large sachet
<b>balsamic vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646cal)	264kJ (63cal)
Protein (g)	34.6g	3.4g
Fat, total (g)	41.4g	4g
- saturated (g)	10.7g	1g
Carbohydrate (g)	32.1g	3.1g
- sugars (g)	19.4g	1.9g
Sodium (mg)	1079mg	105.3mg
Dietary Fibre (g)	7.5g	0.7g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into 1cm chunks. Cut **parsnip** and **courgette** into bite-sized chunks. Slice **leek**.
- Place **beetroot, parsnip, courgette** and **leek** on a lined oven tray. Drizzle with **olive oil**, sprinkle with a pinch of **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

3



## Toss the veggies

- To the roasted veggies, add **baby leaves, lemon pepper spice blend** (see ingredients) and a drizzle of **balsamic vinegar**.
- Season with **salt** and **pepper**. Gently toss to combine.

2



## Make the meatballs

- Meanwhile, in a medium bowl, add **venison & beef mince, garlic & herb seasoning, fine breadcrumbs, the egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **meatballs** until browned and cooked through, **8-10 minutes**.

**TIP:** Don't worry if your meatballs get a little charred during cooking - it adds to the flavour!

4



## Serve up

- Divide garlicky venison and beef meatballs and zesty veggie toss between plates.
- Top with **dill & parsley mayo** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



### CUSTOM OPTIONS



#### ADD PEELLED PUMPKIN PIECES

Follow method above, roasting pumpkin with veggies until tender, 20-25 minutes.



#### ADD GRATED PARMESAN CHEESE

Sprinkle over roasted veggies to serve.

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

