



Easy Kiwi-Spiced Beef Meatballs

with Charred Broccoli Salad & Mayonnaise

KIWI FLAVOURS

Grab your meal kit with this number

26



Tomato



Broccoli Florets



Lemon



Garlic



Beef Mince



Fine Breadcrumbs



Kiwi Spice Blend



Mixed Salad Leaves



Mayonnaise



Grated Parmesan Cheese



Pork Mince

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



Protein Rich



Carb Smart

These beef meatballs have been mixed with our new favourite - Kiwi spice blend! Smokey flavours in tender beef mince are the perfect complement to charred broccoli in a sweet and zingy dressing. Dig in!

Pantry items

Olive Oil, Honey, Egg

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
broccoli florets	1 medium packet	1 large packet
lemon	½	1
garlic	2 cloves	4 cloves
honey*	1 tsp	2 tsp
beef 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
mixed salad leaves	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2479kJ (592Cal)	608kJ (145Cal)
Protein (g)	40.5g	9.9g
Fat, total (g)	36.8g	9g
- saturated (g)	11.1g	2.7g
Carbohydrate (g)	17.4g	4.3g
- sugars (g)	6.8g	1.7g
Sodium (mg)	709mg	174mg
Dietary Fibre (g)	7g	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.



Get prepped

- Cut **tomato** into thin wedges. Cut any larger **broccoli florets** in half. Slice **lemon** into wedges. Finely chop **garlic**.
- In a large bowl, combine the **honey**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **broccoli** with a splash of **water** and cook, tossing, until tender, **6-8 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to the bowl with the **honey dressing**.



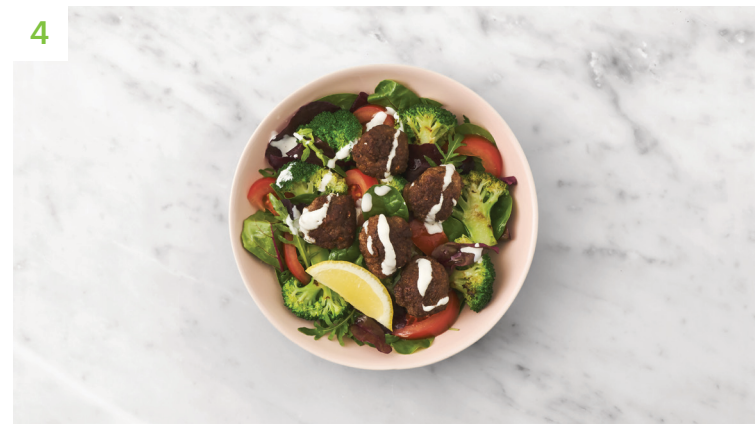
Cook the meatballs & toss the salad

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- To the bowl with the broccoli, add **tomato** and **mixed salad leaves**. Toss to combine.



Prep the meatballs

- Meanwhile, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Kiwi spice blend** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.



Serve up

- Divide charred broccoli salad between bowls.
- Top with Kiwi-spiced beef meatballs and drizzle over **mayonnaise**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS

+ GRATED PARMESAN CHEESE
Sprinkle over before serving.

↻ SWAP TO LAMB 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.

