



Mumbai Beef Meatballs & Onion Chutney

with Spiced Fries & Mixed Salad

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

2



Potato



Brown Mustard Seeds



Garlic



Tomato



Cucumber



Beef Mince



Mumbai Spice Blend



Fine Breadcrumbs



Onion Chutney



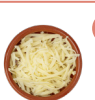
Mixed Salad Leaves



Mayonnaise



Greek-Style Yoghurt



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Discover a classic fusion of Indian and modern flavours with a whole new twist! Take crispy bombay fries paired with moreish chutney-glazed beef meatballs, all the right spices and tender veggies, and you've got a dinner-time hit. Serve with a lush salad for a hit of freshness.

Pantry items

Olive Oil, 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

Air fryer or Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown mustard seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1 (medium)	1 (large)
beef mince	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
onion chutney	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2914kJ (696cal)	328kJ (78cal)
Protein (g)	41.3g	4.6g
Fat, total (g)	32.3g	3.6g
- saturated (g)	10.5g	1.2g
Carbohydrate (g)	55.7g	6.3g
- sugars (g)	26.4g	3g
Sodium (mg)	965mg	108.5mg
Dietary Fibre (g)	6.2g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the fries

- Cut **potato** into fries.
- Set your air fryer to **200°C**. Place **fries** into the air fryer basket, drizzle with **olive oil**, season with **salt** and sprinkle over **brown mustard seeds** and toss to coat. Cook for **10 minutes**.
- Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and sprinkle over brown mustard seeds and toss to coat. Bake until tender, 20-25 minutes.



Get prepped

- Finely chop **garlic**.
- Roughly chop **tomato**.
- Slice **cucumber** into rounds.



Make the meatballs

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



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove the pan from heat, then add **onion chutney** and a splash of **water**, tossing **meatballs** to coat.



Toss the salad

- Meanwhile, combine **mixed salad leaves**, **tomato**, **cucumber**, a pinch of **salt** and **pepper** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.



Serve up

- Divide Mumbai beef rissoles, spiced fries and mixed salad between plates.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS

+ ADD GREEK-STYLE YOGHURT
Dollop on before serving.

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

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

