

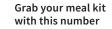
Beef Meatballs & Garden Salad

with Creamy Pesto Dressing & Onion Chutney

MEDITERRANEAN

HELLOHERO

AIR FRYER FRIENDLY











Cucumber





White Turnip





Beef Mince

Herb & Mushroom Seasoning





Fine Breadcrumbs

Onion Chutney



Mixed Salad



Creamy Pesto Dressing

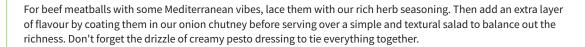






Carb Smart





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 large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
cucumber	1 (medium)	1 (large)	
white turnip	1/2	1	
tomato	1	2	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
fine breadcrumbs	½ medium packet	1 medium packet	
egg*	1	2	
onion chutney	1 medium packet	1 large packet	
mixed salad leaves	1 medium packet	1 large packet	
balsamic vinegar*	drizzle	drizzle	
creamy pesto dressing	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (534cal)	534kJ (125cal)
Protein (g)	36.4g	8.5g
Fat, total (g)	33.3g	7.8g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	20.1g	4.7g
- sugars (g)	11.9g	2.8g
Sodium (mg)	687mg	160.5mg
Dietary Fibre (g)	4.3g	1g

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

- · Finely chop garlic.
- Thinly slice cucumber, white turnip (see ingredients) and tomato.



Cook the meatballs

- Set air fryer to 200°C.
- Place meatballs into an air fryer basket and cook until cooked through,
 8-10 minutes (cook in batches if your basket is getting crowded).
- Transfer to a bowl, then dollop over **onion chutney** and toss to coat.

TIP: No air fryer? Heat a large frying pan over high heat with a drizzle of olive oil. Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if necessary). Remove from heat, then add onion chutney and a splash of water. Toss meatballs to coat. Set aside.



Make the meatballs

- In a medium bowl, combine beef mince, herb & mushroom seasoning, fine breadcrumbs (see ingredients), the egg, garlic 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.



Serve up

- In a large bowl, combine mixed salad leaves, cucumber, turnip, tomato and a drizzle of balsamic vinegar and olive oil. Season to taste.
- Divide garden salad between plates.
- Top with herby beef meatballs, then spoon over any remaining chutney.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!







Follow method above, cooking in batches if necessary.



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

