



Beef Meatballs & Garden Salad

with Creamy Pesto Dressing & Onion Chutney

MEDITERRANEAN

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Garlic



Cucumber



White Turnip



Tomato



Beef Mince



Herb & Mushroom Seasoning



Fine Breadcrumbs



Onion Chutney



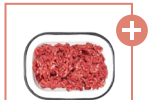
Mixed Salad Leaves



Creamy Pesto Dressing



Pork Mince



Beef Mince

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

Protein Rich

Carb Smart

For beef meatballs with some Mediterranean vibes, lace them with our rich herb seasoning. Then add an extra layer of flavour by coating them in our onion chutney before serving over a simple and textural salad to balance out the richness. Don't forget the drizzle of creamy pesto dressing to tie everything together.

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

Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
white turnip	½	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)	2284kJ (534cal)	534kJ (125cal)
Protein (g)	36.4g	8.5g
Fat, total (g)	33.3g	7.8g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	20.2g	4.7g
- sugars (g)	11.9g	2.8g
Sodium (mg)	694mg	162.1mg
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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



Get prepped

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



Cook the meatballs

- Set your air fryer to **200°C**.
- Place **meatballs** into the 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.



Finish & serve

- 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 bowls.
- Top with beef meatballs, then spoon over any remaining chutney.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
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.

