



Beef Meatballs & Cheesy Mash

with Caramelised Onion Sauce & Sautéed Veggies

SEASONAL HERO

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

29



Potato



Shredded Cheddar Cheese



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



Pea Pods



Carrot



Onion



Onion Chutney



Pork Mince



Diced Bacon

Prep in: 30-40 mins
Ready in: 35-45 mins

Easy cheesy potato mash coming right up! Do we hear a call for beef meatballs drizzled in a sweet caramelised onion sauce, we're on it. For the finishing fresh touch, sautéed veggies. Plate up and bon appétit.

Pantry items

Olive Oil, Butter, Milk, Egg, Balsamic Vinegar, Brown Sugar

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

Medium saucepan with a lid · Air fryer or Large frying pan · Large frying pan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
shredded Cheddar cheese	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
egg*	1	2
pea pods	1 packet	2 packets
carrot	1	2
onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4078kJ (974Cal)	593kJ (141Cal)
Protein (g)	48.7g	7.1g
Fat, total (g)	47.1g	6.8g
- saturated (g)	24.8g	3.6g
Carbohydrate (g)	76.3g	11.1g
- sugars (g)	49.7g	7.2g
Sodium (mg)	1127mg	164mg
Dietary Fibre (g)	11.1g	1.6g

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.



1 Make the cheesy mash

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to saucepan. Add the **butter**, **milk**, **shredded Cheddar cheese** and a pinch of **salt** to the **potato**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



4 Sauté the veggies

- Meanwhile, trim **pea pods**.
- Slice **carrot** into thin sticks.
- Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pea pods** and **carrot** until tender, **4-5 minutes**.
- Season to taste. Transfer to a bowl and cover to keep warm.



2 Prep the meatballs

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



5 Make the sauce

- While the veggies are cooking, heat a medium frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of water and mix well. Cook until dark and sticky, **3-5 minutes**.
- Add **onion chutney** and a splash of water, stirring to combine.



3 Cook the meatballs

- Set your air fryer to **200°C**.
- Place **meatballs** evenly into air fryer basket and cook until cooked through, **8-10 minutes**.

TIP: No air fryer? Heat frying pan to medium-high heat with a drizzle of olive oil. Cook meatballs, turning, until browned and cooked through, 8-10 minutes. Transfer to a plate and cover to keep warm.



6 Finish & serve

- Divide cheesy mash, beef meatballs and sautéed veggies between plates.
- Top meatballs with caramelised onion sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

SWAP TO PORK MINCE
Follow method above.

ADD DICED BACON
Cook with onion, breaking up with a spoon, 4-6 minutes. Continue with recipe.

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

