



# Homestyle Beef Meatballs & Cheesy Mash

with Caramelised Onion Sauce & Sautéed Veggies

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



Green Beans



Carrot



Onion



Onion Chutney



Diced Bacon

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

Easy cheesy mashed potatoes 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 appetite.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

## Before you start

Wash your hands and any fresh food

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 · Large frying pan · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
beef mince	1 packet	1 packet (or 2 packets)
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 sachet	1 sachet
<b>egg*</b>	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
onion	1 (medium)	1 (large)
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
onion chutney	1 packet (40g)	1 packet (80g)
diced bacon**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3681kJ (880Cal)	578kJ (138Cal)
Protein (g)	46.5g	7.3g
Fat, total (g)	46.4g	7.3g
- saturated (g)	22.1g	3.5g
Carbohydrate (g)	66.8g	10.5g
- sugars (g)	28.3g	4.4g
Sodium (mg)	1103mg	173mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4266kJ (1020Cal)	621kJ (148Cal)
Protein (g)	54.5g	7.9g
Fat, total (g)	58.6g	8.5g
- saturated (g)	26.6g	3.9g
Carbohydrate (g)	66.8g	9.7g
- sugars (g)	28.4g	4.1g
Sodium (mg)	1502mg	219mg

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](https://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



2023 | CW15



## 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 potato**. Mash until smooth. Cover to keep warm.

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

**Little cooks:** Get those muscles working and help mash the potatoes!



## 4 Cook the meatballs

- 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).
- Transfer to a plate and cover to keep warm.

**TIP:** Don't worry if the meatballs char a little, this adds to the flavour!



## 2 Prep the meatballs

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! 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.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



## 5 Make the sauce

- Meanwhile, 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.

**Custom Recipe:** If you've added diced bacon to your meal, cook bacon with the onion, breaking up bacon with a spoon, 5-6 minutes. Continue with step.



## 3 Sauté the veggies

- Trim **green beans**. Slice **carrot** into thin sticks. Thinly slice **onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **carrot** until tender, **4-5 minutes**.
- Season to taste. Transfer to a bowl and cover to keep warm.



## 6 Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)