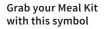


# Homestyle Beef Meatballs & Cheesy Mash with Caramelised Onion Sauce & Sautéed Veggies

KID FRIENDLY









Potato

Shredded Cheddar





**Beef Mince** 

Fine Breadcrumbs





All-American Spice Blend

Green Beans





Carrot



Onion Chutney



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.

## 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
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	½ 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
egg*	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
onion chutney	1 packet (40g)	1 packet (80g)
diced bacon**	1 packet	2 packets

<sup>\*</sup>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 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

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# 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!



## 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
  - **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!



# 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!



# 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.



# 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.



# Serve up

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



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