

Baked Meatballs & Veggie Goulash

with Brown Rice, Yoghurt & Herbs

Grab your Meal Kit with this symbol



Brown Rice



Garlic



Herbs



Tomato



Onion



Carrot



Berbere Seasoning



Beef-Style Stock Powder



Baby Spinach Leaves



Beef Mince



Tomato Paste



Greek-Style Yoghurt

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 40-50 mins

Dietician Approved

You'll be thinking of log cabins and snow capped mountains when digging into this dish, baked meatballs infused with herbs, garlic and our Berbere seasoning. Soak them in a tomato rich sauce and bake in the oven. Serve with a bed of brown rice and you will be feeling cosy and toasty on the first bite.

Pantry items

Olive Oil, Plain Flour, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
tomato	½	1
onion	1 (medium)	1 (large)
carrot	1	2
beef mince	1 packet	1 packet
Berberé seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
plain flour*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	¾ cup	1½ cups
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	655kJ (156Cal)
Protein (g)	39.2g	8.7g
Fat, total (g)	27.4g	6.1g
- saturated (g)	10.7g	2.4g
Carbohydrate (g)	71.4g	15.8g
- sugars (g)	15.3g	3.4g
Sodium (mg)	980mg	217mg

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 brown rice

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **brown rice** and bring to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**. Drain and return to the saucepan. Cover to keep warm.

4



Finish the meatballs

- Remove **meatballs** from oven, then transfer **veggie goulash** to the baking dish.
- Turn **meatballs** to coat in sauce, then bake until sauce is slightly thickened, a further **8-10 minutes**.

2



Bake the meatballs

- Meanwhile, finely chop **garlic** and **herbs**. Cut **tomato** (see ingredients) and **onion** into wedges. Thinly slice **carrot** into half-moons.
- In a medium bowl, combine **beef mince**, **garlic**, **herbs** (reserve a pinch for garnish!), **Berberé seasoning** and some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people). Season with **salt** and **pepper**.
- Using damp hands, take heaped spoonfuls of **beef mixture** and shape into small meatballs (4-5 per person).
- Transfer **meatballs** to a baking dish and drizzle with **olive oil**. Toss to coat, then bake until browned, **10-15 minutes**.

5



Bring it together

- When meatballs are done, remove from oven, then stir through **baby spinach leaves**.

3



Cook the veggie goulash

- While the meatballs are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **carrot** and **onion** until softened, **4-5 minutes**.
- Add **tomato** and cook until softened, **2 minutes**.
- Add **tomato paste** and the **plain flour** and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar**, **beef-style stock powder** and the **water** and stir to combine. Season with **pepper**.

6



Serve up

- Divide brown rice between plates. Top with baked meatballs and veggie goulash.
- Garnish with reserved herbs.
- Serve with remaining yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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