



BBQ-Glazed Beef Meatballs

with Garlic Veggie Mash & Charred Corn Slaw

NEW

KID FRIENDLY

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Sweetcorn



Spring Onion



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



BBQ Sauce



Slaw Mix

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

A classic BBQ sauce is a wonderful topping to add, but we're being a bit tricky tonight. Surprise everyone by using the BBQ sauce as a glaze for the beef meatballs. The smokey flavours will sing in the pan. The surprises don't stop there because we're making a veggie smash with parsnip and potato, a one-up from the beloved mash potato.

Pantry items

Olive Oil, Milk, Egg, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
milk*	2 tbs	¼ cup
sweetcorn	1 tin	1 tin
spring onion	1 stem	2 stems
beef mince	1 packet	1 packet (or 2 packets)
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
egg*	1	2
BBQ sauce	1 packet (40g)	1 packet (80g)
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	465kJ (111Cal)
Protein (g)	41.7g	7.3g
Fat, total (g)	25.1g	4.4g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	64.5g	11.3g
- sugars (g)	25.7g	4.5g
Sodium (mg)	1094mg	191mg

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

2023 | CW21



1



Make the veggie mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **parsnip**, then cut both into small chunks. Peel **garlic** cloves.
- Cook **potato**, **parsnip** and **garlic** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain.
- Return **veggies** to pan, then add the **milk** and a drizzle of **olive oil**. Season generously with **salt** and mash until smooth. Cover to keep warm.

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

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

4



Cook the meatballs

- Return the 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).
- Remove from heat, then add **BBQ sauce** and a splash of **water**, tossing **meatballs** to coat.

TIP: For best results, drain the oil from the pan before cooking the glaze.

TIP: Reduce heat to medium, if meatballs are becoming too charred.

2



Get prepped

- Meanwhile, drain **sweetcorn**. Thinly slice **spring onion**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Toss the slaw

- While the meatballs are cooking, add **slaw mix** and a drizzle of **white wine vinegar** and **olive oil** to the bowl of **charred corn**.
- Season and toss to coat.

3



Make the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **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!

6



Serve up

- Divide garlic veggie mash and charred corn slaw between plates. Top with BBQ-glazed beef meatballs.
- Garnish with spring onion to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the spring onion!

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