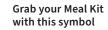
# BBQ-Glazed Lamb Meatballs with Roasted Veggie Toss & Dill-Parsley Mayo















Parsnip

Beetroot





Flaked Almonds

Lamb Mince





All-American Spice





Baby Spinach Leaves

Dill & Parsley Mayonnaise

**Pantry items** Olive Oil, White Wine Vinegar





## 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

Oven tray lined with baking paper · Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	1 clove	2 cloves	
carrot	1	2	
parsnip	1	2	
beetroot	1	2	
flaked almonds	1 packet	2 packets	
lamb mince	1 small packet	1 medium packet	
All-American spice blend	1 sachet	1 sachet	
BBQ sauce	1 packet (40g)	1 packet (80g)	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
white wine vinegar*	drizzle	drizzle	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2032kJ (485Cal)	501kJ (119Cal)
Protein (g)	31.2g	7.7g
Fat, total (g)	27.3g	6.7g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	29.4g	7.3g
- sugars (g)	21.1g	5.2g
Sodium (mg)	1126mg	278mg
Dietary Fibre (g)	5.2g	1.3g

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.



# Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Finely chop the garlic. Cut the carrot and parsnip into bite-sized chunks. Cut the beetroot into small chunks. Place the carrot, parsnip and beetroot on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender, 20-25 minutes.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Toast the flaked almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Toast the **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl.



## Make the meatballs

In a large bowl, combine the **lamb mince**, **garlic** and **All-American spice blend**. Using damp hands, roll heaped spoonfuls of the **lamb mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



## Cook the meatballs

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate. Discard the residual fat and wipe out the pan. Return the **meatballs** to the pan, then add the **BBQ sauce** and toss to coat.



# Bring it all together

Add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the **roasted veggies** and gently toss to combine.



## Serve up

Divide the roasted veggie toss and BBQ-glazed lamb meatballs between plates. Spoon over any remaining glaze from the pan. Sprinkle over the toasted almonds. Serve with the **dill & parsley mayonnaise**.

Enjoy!