



# BBQ-Glazed Lamb Meatballs

with Roasted Veggie Toss & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Garlic



Carrot



Parsnip



Beetroot



Flaked Almonds



Lamb Mince



All-American Spice Blend



BBQ Sauce



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

These lamb meatballs are bursting with the tried and true flavour of our American spice blend and tangy BBQ sauce. On the side, we've got a bright, oven-baked veggie toss and a herby mayo for a splendid (and low carb) finish.

### 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

	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)

\*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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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!