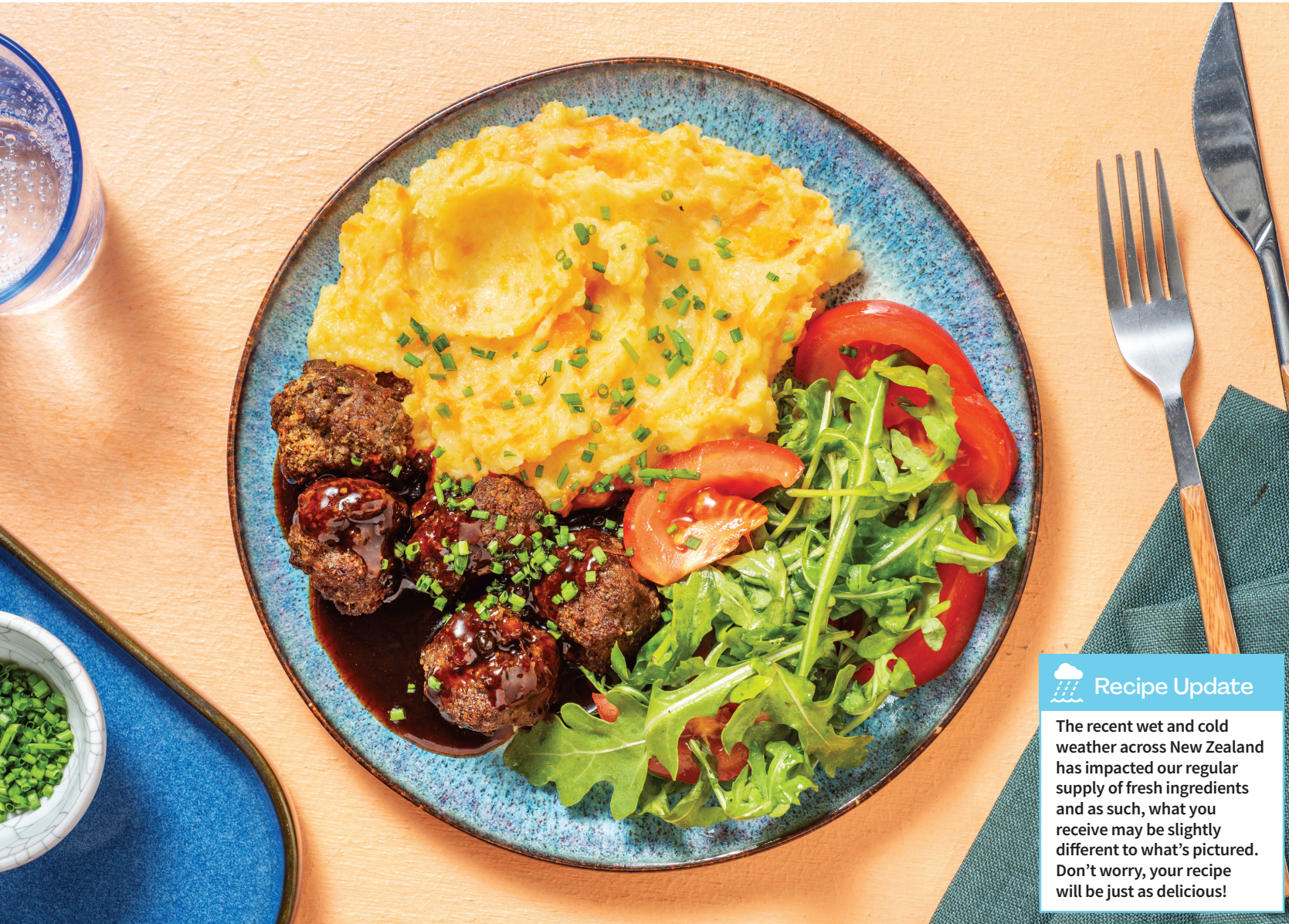


Beef Meatballs & Peppercorn Sauce

with Cheesy Veggie Mash & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Herbs



Herb & Mushroom Seasoning



Salad Leaves



Grated Parmesan Cheese



Beef Mince




Peppercorn Sauce



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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: 30-40 mins

 Carb Smart

A peppery punch with a note of herbs and mushrooms will pop in your mouth when you dig into these plump meatballs. The sauce will soak into the mashed potatoes and carrot. Add the Parmesan to bring some cheesy goodness to transform the mash and bring everything together into an all time favourite meal.

Pantry items

Olive Oil, Milk, Plain Flour, Balsamic 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
plain flour*	½ tbs	1 tbs
salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
peppercorn sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2517kJ (602Cal)	521kJ (125Cal)
Protein (g)	40.2g	8.3g
Fat, total (g)	30.5g	6.3g
- saturated (g)	14.8g	3.1g
Carbohydrate (g)	37.8g	7.8g
- sugars (g)	18.6g	3.8g
Sodium (mg)	1203mg	249mg
Dietary Fibre (g)	6.3g	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.



Make the mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **carrot**, then cut into large chunks. Cut **tomato** into wedges. Finely chop **garlic**. Thinly slice **herbs**.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add the **milk** and mash until smooth. Add **grated Parmesan cheese** and a pinch of **salt** and stir to combine. Cover to keep warm.



Toss the salad

- Meanwhile, combine **tomato**, **salad leaves**, a drizzle of **balsamic vinegar** and **olive oil** in a second medium bowl. Season with **salt** and **pepper**.



Prep the meatballs

- While the veggies are cooking, combine **beef mince**, **herb & mushroom seasoning**, **garlic**, the **plain flour** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.



Heat the peppercorn sauce

- Add **peppercorn sauce** to a small heatproof bowl. Microwave in **20 second** bursts until heated through.

TIP: Add a splash of water if the sauce looks too thick.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



Serve up

- Divide cheesy veggie mash, tomato salad and beef meatballs between plates.
- Pour peppercorn sauce over meatballs.
- Sprinkle with herbs to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW37

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate