



Oven-Baked Beef Meatballs

with Roast Veggie Couscous & Herbs

Grab your Meal Kit with this symbol



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Carrot



Leek



Couscous



Vegetable Stock Powder



Salad Leaves



Tomato Sugo



Italian Herbs



Herbs

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!

Hands-on: 15-25 mins
Ready in: 40-50 mins

The trick to super tender meatballs? Baking them of course! It allows for plenty of moisture and flavour to stay in your meatballs where they belong. Veggie-loaded couscous and aromatic herbs add an indulgent touch to this nourishing dish.

Pantry items

Olive Oil, Egg, 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 or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
carrot	1	2
leek	1	2
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
salad leaves	1 small bag	1 medium bag
tomato sugo	1 packet (200g)	1 packet (400g)
Italian herbs	½ sachet	1 sachet
water*	¼ cup	½ cup
balsamic vinegar*	drizzle	drizzle
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3035kJ (725Cal)	612kJ (146Cal)
Protein (g)	44.4g	9g
Fat, total (g)	27.8g	5.6g
- saturated (g)	10.2g	2.1g
Carbohydrate (g)	66.3g	13.4g
- sugars (g)	14.5g	2.9g
Sodium (mg)	1355mg	273mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs** and the **egg**. 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, then drizzle with **olive oil** and bake until golden, **15-20 minutes**.



Bring it all together

- Remove **meatballs** from the oven, then stir through **tomato sugo**, **Italian herbs** (see ingredients), the **water** and a drizzle of **balsamic vinegar**.
- Return **meatballs** to the oven and bake until sauce is slightly thickened, **5-8 minutes**.
- When the **veggies** are done, add them to the **couscous** and stir to combine. Season to taste.



Roast the veggies

- While the meatballs are baking, roughly chop **carrot** into bite-sized chunks. Slice **leek** into thick rounds. Place **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, boil the kettle.
- When the veggies have **10 minutes** cook time remaining, place **couscous** in a medium heatproof bowl, then sprinkle over **vegetable stock powder**. Add the **boiling water** (see ingredients) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork, then stir through **salad leaves**.



Serve up

- Divide roast veggie couscous between bowls.
- Top with oven-baked beef meatballs and spoon over sauce.
- Tear over **herbs** to serve.

Enjoy!