



Creamy Chipotle Beef Meatballs

with Veggies & Garlic Rice

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Capsicum



Onion



Mild Chipotle Sauce



Garlic Aioli



All-American Spice Blend



Fine Breadcrumbs



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Stand back and watch these beef meatballs explode in the pan and shower the dinner table with an array of mouth-watering flavours. Light up your tastebuds with a creamy chipotle aioli to dollop over the meatballs and pan-fried veggies. It's a celebration you don't want to miss.

Pantry items

Olive Oil, Butter, Honey, Egg

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
baby broccoli	1 bag	1 bag
capsicum	1	2
onion	1 (medium)	1 (large)
mild chipotle sauce	1 packet (40g)	2 packets (80g)
garlic aioli	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
egg*	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4150kJ (992Cal)	783kJ (187Cal)
Protein (g)	44.8g	8.5g
Fat, total (g)	49.1g	9.3g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	87.9g	16.6g
- sugars (g)	13.7g	2.6g
Sodium (mg)	1138mg	215mg

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

1



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, tossing, until softened, **2-3 minutes**.
- Add **capsicum** and **baby broccoli** and cook, tossing, until softened **5-6 minutes**.
- Season to taste, transfer to a bowl and cover to keep warm.

2



Get prepped

- While the rice is cooking, trim **baby broccoli**. Thinly slice **capsicum** and **onion**.
- In a small bowl, combine **mild chipotle sauce**, **garlic aioli** and the **honey**. Season to taste and set aside.

5



Cook the meatballs

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

3



Make the meatballs

- In a large bowl, combine **beef mince**, **All-American spice blend**, **fine breadcrumbs** and the **egg**. Generously season with **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

6



Serve up

- Divide garlic rice between bowls and top with veggies and beef meatballs.
- Top with chipotle aioli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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