



MIDDLE EASTERN BEEF MEATBALLS

with Honey-Roasted Pumpkin & Coriander Yoghurt



Add honey to pumpkin to bring out the sweetness



Carrot



Garlic



Coriander



Peeled Pumpkin



Lemon



Pine Nuts



Greek Yoghurt



Beef Mince



Fine Breadcrumbs



Souk Market Spice Blend



Mixed Salad Leaves

Hands-on: **25 mins**
Ready in: **35 mins**

Roll up to a tasty dinner with these easy meatballs infused with mild Middle Eastern spices. With colourful side dishes and a creamy yoghurt sauce, this is a tasty and well-rounded meal!

Pantry Staples: Olive Oil, Honey, Egg, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Finely chop the **coriander**. Cut the **peeled pumpkin** into 2cm chunks. Slice the **lemon** (see ingredients list) into wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Place the **pumpkin** and the **carrot** on an oven tray lined with baking paper with a **drizzle of olive oil** and a pinch of **salt** and **pepper**. Toss to coat then roast for **20-25 minutes**, or until almost tender. Remove the tray from the oven, **drizzle** the pumpkin and carrot with the **honey** and turn to coat. Return to the oven and roast for a further **5 minutes**, or until tender and caramelised.



3 MAKE THE CORIANDER YOGHURT

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a plate. Return the pan to a medium-high heat with **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and **1/2 the garlic**. Cook for **30 seconds**, or until fragrant, then transfer to a medium bowl. Add the **Greek yoghurt**, **coriander** (reserve some for garnish) and a **good pinch of salt** and **pepper** to the garlic oil. Whisk to combine.



4 MAKE THE MEATBALLS

In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, **egg**, **Souk Market spice blend**, the **salt** and the **remaining garlic**. Using damp hands, take 1 heaped tbs of the beef mixture and shape into a meatball. Set aside on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



5 COOK THE MEATBALLS

Return the frying pan to medium-high heat with a **drizzle of olive oil**. Add the **meatballs** and cook for **8-10 minutes**, turning regularly or until browned and cooked through. In a medium bowl, combine the **vinegar** with **olive oil (2 tsp for 2 people / 4 tsp for 4 people)**. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves** to the bowl with the dressing and toss to coat. **TIP:** Dress the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the honey-roasted pumpkin and carrot, Middle Eastern meatballs and salad between plates. Serve the coriander yoghurt and lemon wedges on the side. Garnish with the pine nuts and any reserved coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	2	4
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
peeled pumpkin	1 packet (200 g)	1 packet (400 g)
lemon	½	1
honey*	2 tsp	4 tsp
pine nuts	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	1 tub (185 g)
beef mince	1 small packet	1 large packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
Souk Market spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
vinegar* (white wine or red wine)	1 tsp	2 tsp
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (620Cal)	461kJ (110Cal)
Protein (g)	43.6g	7.7g
Fat, total (g)	31.6g	5.6g
- saturated (g)	8.8g	1.6g
Carbohydrate (g)	36.2g	6.4g
- sugars (g)	22.7g	4.0g
Sodium (g)	878mg	156mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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