



Beef & Pork Meatball Traybake

with Roast Veggies & Dill-Parsley Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsnip



Beetroot



Carrot



Zesty Chilli Salt



Beef & Pork Mince



Nan's Special Seasoning



Fine Breadcrumbs



Dill & Parsley Mayonnaise



Parsley



Lamb Mince

Recipe Update

Unfortunately, this week's tomato was in short supply, so we've replaced it with beetroot. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 35-45 mins

There's no fuss when you can make dinner on a tray and leave it in the oven to cook to perfection. Meatballs are flavoured in our favourite Nan's seasoning and the veggies are roasted right beside them. Dollop with herby mayo to pull everything together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
beetroot	1	2
carrot	2	4
zesty chilli salt	1 sachet	2 sachets
beef & pork mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
balsamic vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
parsley	1 bag	1 bag
lamb mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3228kJ (772Cal)	494kJ (118Cal)
Protein (g)	39.3g	6g
Fat, total (g)	41.6g	6.4g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	62.2g	9.5g
- sugars (g)	21.2g	3.2g
Sodium (mg)	851mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	431kJ (103Cal)
Protein (g)	38.1g	5.8g
Fat, total (g)	31.1g	4.8g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	62.2g	9.5g
- sugars (g)	21.2g	3.2g
Sodium (mg)	865mg	132mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW16

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **parsnip** into bite-sized chunks.
- Cut **beetroot** into small chunks. Thinly slice **carrot** into rounds.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **zesty chilli salt** and toss to coat. Roast for **10 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Bake the meatballs

- Remove **veggies** from the oven, then add **meatballs** to the oven tray. Bake until meatballs are golden and cooked through and veggies are tender, **15-20 minutes**.
- When veggies and meatballs are done, add a drizzle of **balsamic vinegar** to the tray and gently toss to coat.

Custom Recipe: Bake the lamb meatballs in the same way as above.

2



Prep the meatballs

- While the veggies are roasting, combine **beef & pork mince**, **Nan's special seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **mince mixture** into small meatballs (4-5 per person).

Custom Recipe: If you've swapped from beef & pork mince to lamb mince, prep lamb meatballs in the same way as above.

4



Serve up

- Divide beef and pork meatballs and roast veggie traybake between plates.
- Dollop with **dill & parsley mayonnaise** and tear over **parsley** to serve. Enjoy!

Rate your recipe

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