



# Beef Meatballs & Peppercorn Gravy

with Cheesy Veggie Mash & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Shaved Parmesan Cheese



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Black Peppercorns



Mixed Salad Leaves



Gravy Granules



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins



A peppery punch with a note of herbs will pop in your mouth when you dig into these plump meatballs. Add the Parmesan to transform the mash into cheesy goodness and with a hearty side salad, altogether this will become an all-time classic.

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
black peppercorns	½ medium sachet	1 medium sachet
mixed salad leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
diced bacon**	1 packet (90g)	1 large packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2321kJ (555Cal)	418kJ (100Cal)
Protein (g)	44g	7.9g
Fat, total (g)	19.8g	3.6g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	47.7g	8.6g
- sugars (g)	13.9g	2.5g
Sodium (mg)	1117mg	201mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	450kJ (108Cal)
Protein (g)	50.9g	8.5g
Fat, total (g)	26.6g	4.4g
- saturated (g)	11.6g	1.9g
Carbohydrate (g)	48.5g	8.1g
- sugars (g)	14.4g	2.4g
Sodium (mg)	1548mg	258mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Make mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot**, then cut both into small chunks. Cut **tomato** into wedges. Finely chop **garlic**.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to pan.
- Drizzle with **olive oil** and mash until smooth. Add **shaved parmesan cheese** and a pinch of **salt**, and stir to combine. Cover to keep warm.

3



## Make salad

- While meatballs are cooking, combine **tomato**, **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season to taste.
- To the bowl with the peppercorns, add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), and whisk, until smooth, **1 minute**.

**Custom Recipe:** If you're adding diced bacon, return frying pan to medium-high heat with a drizzle of oil, add diced bacon and cook, breaking up bacon with a spoon, 4-6 minutes. Once finished, stir into the peppercorn gravy!

2



## Make meatballs

- Meanwhile, in a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **garlic**, **fine breadcrumbs**, **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.
- SPICY!** *Peppercorns can be spicy, use less if you're sensitive to heat!* Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.
- Heat a large frying pan over medium-high heat. Cook **crushed peppercorns** for **30 seconds** or until fragrant. Transfer to a medium bowl and set aside.
- Return 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). Transfer to a plate.

4



## Serve up

- Divide cheesy veggie mash and beef meatballs between plates.
- Pour over peppercorn gravy. Serve with tomato salad. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)