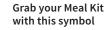


Quick Garlic-Herb Beef Meatballs with Garden Salad, Creamy Pesto & Almonds

BEST SELLER











Cucumber



Garlic & Herb



Fine Breadcrumbs

Seasoning





Onion Chutney



Creamy Pesto



Dressing





Flaked Almonds

For meatballs with some Mediterranean vibes, lace them with our rich garlic and herb seasoning. Then add an extra layer of flavour by coating them in our caramelised onion chutney before serving over a simple and textural salad to balance out the richness. Don't forget the drizzle of creamy basil pesto dressing to tie everything together.



Prep in: 20-30 mins

Ready in: 25-35 mins

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

Large frying pan

Ingredients

| ingi calcino | | | |
|----------------------------|-----------------|---------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| celery | 1 medium bag | 1 large bag | |
| carrot | 1 | 2 | |
| cucumber | 1 | 2 | |
| beef mince | 1 small packet | 2 small packets OR 1 large packet | |
| garlic & herb seasoning | 1 medium sachet | 2 medium sachets OR 1 large sachet | |
| fine breadcrumbs | ½ medium packet | 1 medium packet | |
| egg* | 1 | 2 | |
| onion chutney | 1 packet (40g) | 2 packets (80g) | |
| mixed salad leaves | 1 medium bag | 1 large bag | |
| balsamic vinegar* | drizzle | drizzle | |
| creamy pesto dressing | 1 packet (50g) | 1 packet (100g) | |
| flaked almonds | 1 medium packet | 1 large packet | |
| haloumi** | 1 packet | 2 packets | |
| | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2342kJ (560Cal) | 526kJ (126Cal) |
| Protein (g) | 35.7g | 8g |
| Fat, total (g) | 34.9g | 7.8g |
| - saturated (g) | 8.1g | 1.8g |
| Carbohydrate (g) | 24.4g | 5.5g |
| - sugars (g) | 15.7g | 3.5g |
| Sodium (mg) | 803mg | 180mg |
| Dietary Fibre (g) | 6.8g | 1.5g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------------|----------------|
| Energy (kJ) | 3494kJ (835Cal) | 653kJ (156Cal) |
| Protein (g) | 52.8g | 9.9g |
| Fat, total (g) | 57.7g | 10.8g |
| - saturated (g) | 22.5g | 4.2g |
| Carbohydrate (g) | 25.6g | 4.8g |
| - sugars (g) | 16.7g | 3.1g |
| Sodium (mg) | 1838mg | 343mg |

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 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

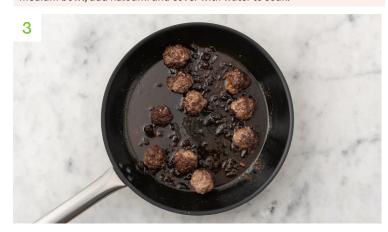




Get prepped

- · Finely chop celery.
- Grate carrot.
- Slice cucumber into thin slices.

Custom Recipe: If you've added haloumi, cut into 1cm thick slices. In a medium bowl, add haloumi and cover with water to soak.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook meatballs, turning regularly, until browned and cooked through,
 8-10 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add onion chutney and a splash of water.
 Gently toss meatballs to coat.
- While the meatballs are cooking, combine mixed salad leaves, celery, carrot and cucumber in a large bowl. Just before serving, add a drizzle of the balsamic vinegar and olive oil. Toss to coat, then season to taste.

TIP: Dressing the salad just before serving will help the leaves stay crisp!

Custom Recipe: Drain haloumi and pat dry. Before cooking the meatballs, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Return pan to medium-high heat and continue with step as above.



Make meatballs

- In a medium bowl, combine beef mince, garlic & herb seasoning, fine breadcrumbs (see ingredients), the egg and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of the mixture into small meatballs (4-5 per person). Transfer to a plate.



Serve up

- Divide garden salad between bowls. Top with Mediterranean beef meatballs, spooning over any remaining glaze from the pan.
- Drizzle with creamy pesto dressing and garnish with flaked almonds to serve. Enjoy!

Custom Recipe: Top with golden haloumi to serve.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate