

Mediterranean Beef Meatballs

with Garden Salad, Creamy Pesto & Almonds

MEDITERRANEAN

BESTSELLER



Grab your Meal Kit with this symbol









Snacking Tomatoes





Beef Mince

Carrot



Garlic & Herb



Seasoning





Onion Chutney





Creamy Pesto

Dressing



Flaked Almonds



Pantry items

Olive Oil, Egg, Balsamic Vinegar

Prep in: 20-30 mins Ready in: 25-35 mins



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.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
celery	1 medium bag	1 large bag	
snacking tomatoes	1 punnet	2 punnets	
carrot	1	2	
beef mince	1 small packet	2 small packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	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)	2314kJ (553Cal)	544kJ (130Cal)		
Protein (g)	35.5g	8.3g		
Fat, total (g)	35g	8.2g		
- saturated (g)	8.1g	1.9g		
Carbohydrate (g)	22.6g	5.3g		
- sugars (g)	12.1g	2.8g		
Sodium (mg)	785mg	185mg		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3466kJ (828Cal)	673kJ (161Cal)
Protein (g)	52.6g	10.2g
Fat, total (g)	57.8g	11.2g
- saturated (g)	22.5g	4.4g
Carbohydrate (g)	23.7g	4.6g
- sugars (g)	13.1g	2.5g
Sodium (mg)	1820mg	353mg

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

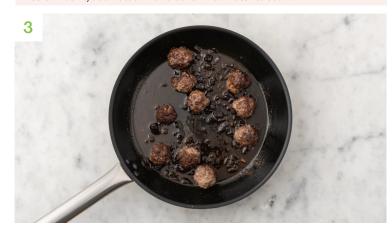




Get prepped

- Finely chop celery.
- Halve snacking tomatoes.
- Grate carrot.

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, in a second medium bowl, combine mixed salad leaves, celery, carrot and snacking tomatoes. Just before serving (this helps the leaves stay crisp!), add a drizzle of balsamic vinegar and olive oil. Toss to coat, then season to taste.

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 plate. Return pan to 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 meatballs and salad with golden haloumi to serve.



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