



Easy Aussie Beef Meatball Tacos

with Dill-Parsley Mayo & Cheddar Cheese

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Garlic Paste



Tomato/Kumato



Deluxe Salad Mix



Mini Flour Tortillas



Cheddar Cheese



Dill & Parsley Mayonnaise



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 20-30 mins

We've taken Nonna's favourite (meatballs) and our favourite (tacos) and created a magical collaboration that packs flavour in every bite. With cheesy beef goodness, deluxe salad mix and herby mayo, there will be a race to the kitchen table when these gets dished up.

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

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic paste	2 packets	4 packets
tomato/kumato	1	2
deluxe salad mix	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3656kJ (874Cal)	864kJ (207Cal)
Protein (g)	43.9g	10.4g
Fat, total (g)	51.1g	12.1g
- saturated (g)	13.8g	3.3g
Carbohydrate (g)	56g	13.2g
- sugars (g)	8.5g	2g
Sodium (mg)	1275mg	301mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4000kJ (956Cal)	903kJ (216Cal)
Protein (g)	48.7g	11g
Fat, total (g)	58.2g	13.1g
- saturated (g)	18g	4.1g
Carbohydrate (g)	56g	12.6g
- sugars (g)	8.5g	1.9g
Sodium (mg)	1419mg	320mg

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



1



Make the meatballs

- In a medium bowl, combine **beef mince**, **Aussie spice blend**, **fine breadcrumbs**, the **egg**, **garlic paste** and a pinch of **salt**.
- Using damp hands, form heaped spoonfuls of **mixture** into small meatballs (4-5 meatballs per person). Transfer to a plate.

3



Prep the salad

- Meanwhile, roughly chop **tomato**.
- In a second medium bowl, combine **deluxe salad mix**, **tomato** and a drizzle of **olive oil** and **vinegar**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

2



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, tossing, until browned and cooked through, **8-10 minutes**.

4



Serve up

- Halve meatballs.
- Fill tortillas with deluxe salad and Aussie beef meatballs. Sprinkle over **Cheddar cheese**.
- Top with **dill-parsley mayo** to serve. Enjoy!

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle over extra cheese to serve.

Rate your recipe

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Let them know what you thought: hellofresh.com.au/rate