



# Garlicky Beef Meatballs & Steamed Zucchini

with Potato Mash & Rocket Salad

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Zucchini



Garlic



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Passata



Chicken-Style Stock Powder



Rocket Leaves



Diced Bacon

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



Carb Smart\*

\*Custom Recipe is not Carb Smart

Sure to keep you nice and warm, the creamy mash and beef meatballs will do the trick. And, because we think you can have the best of both worlds, the steamed zucchini and rocket salad will also keep dinner time crisp and light.

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

### Pantry items

Olive Oil, Butter, 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 saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
zucchini	1	2
garlic	2 cloves	4 cloves
<b>butter*</b>	30g	60g
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
<b>egg*</b>	1	2
passata	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
rocket leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	401kJ (96Cal)
Protein (g)	38.3g	6.6g
Fat, total (g)	26.6g	4.6g
- saturated (g)	14.1g	2.4g
Carbohydrate (g)	38.9g	6.7g
- sugars (g)	11g	1.9g
Sodium (mg)	1202mg	207mg
Dietary Fibre (g)	7.4g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (651Cal)	434kJ (104Cal)
Protein (g)	45.2g	7.2g
Fat, total (g)	33.4g	5.3g
- saturated (g)	16.6g	2.6g
Carbohydrate (g)	39.7g	6.3g
- sugars (g)	11.5g	1.8g
Sodium (mg)	1633mg	260mg

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



## Get prepped and make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into bite-size chunks. Trim **zucchini** and cut into thin batons. Finely chop **garlic**.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **zucchini**. Cover and steam until zucchini is tender and potatoes can be easily pierced with a fork, **7-8 minutes**.
- Transfer **zucchini** to a bowl, season and cover to keep warm.
- Drain **potatoes** and return to pan. Add the **butter** and mash until smooth. Cover to keep warm.



## Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Add **garlic** and cook until fragrant, **1 minute**. Add **passata**, the **water** and **chicken-style stock powder**. Gently stir to combine and simmer until slightly thickened, **1-2 minutes**.

**Custom Recipe:** If you've added diced bacon, cook meatballs, the set aside. Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until lightly golden, 4-6 minutes. Continue as above, returning meatballs with the garlic.



## Prep the meatballs

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

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.



## Serve up

- In a second medium bowl, combine **rocket leaves**, a drizzle of **vinegar** and olive oil. Season to taste.
- Divide potato mash between plates. Top with garlicky beef meatballs. Serve with zucchini and balsamic rocket salad. Enjoy!

**Little cooks:** Take the lead by tossing the salad!

**Custom Recipe:** Divide potato mash between plates. Top with garlicky beef meatballs and bacon to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)