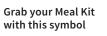


# Garlicky Beef Meatballs & Steamed Zucchini with Potato Mash & Rocket Salad

NEW

KID FRIENDLY















Garlic & Herb



Seasoning

Fine Breadcrumbs





Passata

Chicken-Style Stock Powder



**Rocket Leaves** 





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



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.

**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
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
garlic	2 cloves	4 cloves
butter*	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
egg*	1	2
passata	1 packet	2 packets
water*	1/4 cup	½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
rocket leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 medium packet	1 large packet
passata water* chicken-style stock powder rocket leaves vinegar* (white wine or balsamic)	1 packet 1/4 cup 1 medium sachet 1 small packet drizzle	2 packets ½ cup 1 large sachet 1 medium packet drizzle

<sup>\*</sup>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

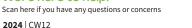
The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!







# 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