

Herby Beef Meatballs & Worcestershire Gravy

with Garlic-Crushed Potatoes, Steamed Greens & Spring Onion

FEEL GOOD TAKEAWAY

ADAPT FOR KIDS

NEW

Grab your meal kit with this number

41



Potato



Garlic



Green Beans



Broccoli



Spring Onion



Lemon



Beef Mince



Savoury Seasoning



Fine Breadcrumbs



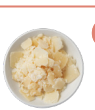
Gravy Granules



Worcestershire Sauce



Diced Bacon



Parmesan Cheese

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

Snuggle in for a family meal that works for the big and little eaters! Cosy meatballs plus flavoursome gravy combine with bright veggies and fragrant crushed potatoes for a midweek feast.

Pantry items

Olive Oil, Egg, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
broccoli	1 head	2 heads
spring onion	1 stem	2 stems
lemon	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
butter*	10g	20g
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
worcestershire sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	377kJ (90Cal)
Protein (g)	48.5g	7g
Fat, total (g)	25.9g	3.7g
- saturated (g)	9.9g	1.4g
Carbohydrate (g)	46.1g	6.6g
- sugars (g)	13.8g	2g
Sodium (mg)	1095mg	158mg
Dietary Fibre (g)	14.5g	2.1g

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.

1



Start potatoes & veggies

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Finely chop **garlic**. Trim **green beans**. Chop **broccoli** (including stalk!) into small florets.
- Cook **potato** in the boiling water over high heat, for **6 minutes**. Place a colander or steamer basket on top, then add **green beans** and **broccoli**.
- Cover and steam until veggies are tender and potatoes are easily pierced with a knife, another **7-8 minutes**. Transfer **veggies** to a bowl. Season and cover to keep warm.

4



Finish the potatoes

- Drain **potatoes**. Return saucepan to medium-high heat, then add a drizzle of **olive oil**, the **butter** and **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Remove from heat, then add **potato** to the pan and toss to coat. Remove some **potato** for the kid's portion. To the remaining potato, add a generous squeeze of **lemon juice** and a good pinch of **salt**. Lightly crush with a fork.

TIP: Add a splash of water if the potato looks dry!

ADAPT FOR KIDS: Avoid the tang! Add the lemon juice just for adults.

2



Get prepped

- Meanwhile, thinly slice **spring onion**. Slice **lemon** into wedges.
- In a medium bowl, combine **beef mince**, **savoury seasoning**, **fine breadcrumbs**, the **egg**, half the **spring onion** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

5



Make the gravy

- In a medium heatproof bowl, combine **gravy granules**, the **boiling water** (½ cup for 2 people / 1 cup for 4 people) whisking, until smooth, **1 minute**.
- Remove some **gravy** for the kid's portion. To the remaining **gravy**, add **worcestershire sauce** and stir to combine.

ADAPT FOR KIDS: Tame the flavour! Keep worcestershire just for the adults.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

6



Serve up

- Plate up the kid's portion with the reserved garlic-crushed potatoes, some veggies, meatballs and reserved gravy.
- Plate up the adult's portion with lemon-garlic crushed potatoes, steamed greens and herby beef meatballs between plates. Top with worcestershire gravy.
- Top with remaining spring onion. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Add to gravy.



ADD PARMESAN CHEESE

Sprinkle over meatballs before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

