



Lamb Meatballs & Tomato Salad

with Garlic Sauce & Almonds

MEDITERRANEAN

NEW

Grab your meal kit with this number

5



Celery



Tomato



Carrot



Lamb Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Onion Chutney



Mixed Salad Leaves



Garlic Sauce



Flaked Almonds



Lamb Mince



Beef Mince

Recipe Update

We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Protein Rich



Carb Smart

How many meatballs are too many? The answer is you can never have enough of these lamb meatballs! Served with all-time favourites like a vibrant tomato salad and topped with garlic sauce and almonds, it doesn't get any better than this.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 medium packet	1 large packet
tomato	1	2
carrot	1	2
lamb 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
onion chutney	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
garlic sauce	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1955kJ (467cal)	301kJ (72cal)
Protein (g)	32.8g	5.1g
Fat, total (g)	27.2g	4.2g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	22.1g	3.4g
- sugars (g)	13g	2g
Sodium (mg)	812mg	125.1mg
Dietary Fibre (g)	4.8g	0.7g

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.



Get prepped

- Thinly slice **celery**.
- Roughly chop **tomato**.
- Grate **carrot**.



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 **tomato**. Add a drizzle of **balsamic vinegar** and **olive oil**. Toss to coat, then season to taste.

TIP: For best results, drain the oil from the pan before cooking the sauce.



Make the meatballs

- In a medium bowl, combine **lamb 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 tomato salad between bowls. Top with lamb meatballs, spooning over any remaining glaze from the pan.
- Drizzle with **garlic sauce** and garnish with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

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

