



Easy Beef Meatballs & Baby Carrots

with Potato-Turnip Mash & Balsamic Salad

NEW

KID FRIENDLY

Grab your meal kit with this number

5



Potato



Turnip



Dutch Carrots



Garlic



Beef Mince



Garlic & Herb Seasoning



Passata



Spinach & Rocket Mix



Pork Mince



Diced Bacon

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



Protein Rich



Carb Smart

Beef meatballs become super scrumptious when coated in a tomato based herby sauce and all on top of a helping of potato and turnip mash. A fresh baby carrot salad cuts through everything and brings this delicious dish to perfection.

Pantry items

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
turnip	1	2
Dutch carrots	1 bunch	2 bunches
garlic	2 cloves	4 cloves
butter*	30g	60g
salt*	¼ tsp	½ tsp
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 packet	2 packets
water*	¼ cup	½ cup
spinach & rocket mix	½ medium packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2081kJ (497cal)	185kJ (44cal)
Protein (g)	34.6g	3.1g
Fat, total (g)	26g	2.3g
- saturated (g)	14g	1.2g
Carbohydrate (g)	29.3g	2.6g
- sugars (g)	15.1g	1.3g
Sodium (mg)	1198mg	106.7mg
Dietary Fibre (g)	9.1g	0.8g

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



Get prepped

- Bring a large saucepan of salted water to boil. Peel **potato** and **turnip** and cut into bite-size chunks. Trim green tops from **Dutch carrots** and scrub them clean (halve any thick carrots lengthways). Finely chop **garlic**.
- Cook **potato** and **turnip** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Meanwhile, add **carrots** and a splash of **water** to microwave-safe bowl, then cover with a damp paper towel. Microwave on high until just tender, **2-4 minutes**. Drain, season to taste with **salt** and **pepper**, then return to the bowl and cover to keep warm.

3



Cook 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). Transfer to a plate.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Add **garlic** and cook until fragrant, **1 minute**. Add **passata**, **meatballs** and the **water**. Stir to combine and simmer until slightly thickened, **1-2 minutes**.

2



Prep meatballs and finish mash

- Drain **potato** and **turnip**, then return to saucepan. Add the **butter** and **salt** and mash until smooth. Cover to keep warm.
- Meanwhile, in a medium bowl, combine **beef mince**, **garlic & herb seasoning** and a pinch of **salt**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 meatballs 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.

4



Serve up

- In a green medium bowl, combine carrots, **spinach & rocket mix** (**see ingredients**) and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide potato-meatball mash and beef meatballs between plates.
- Serve with carrot and balsamic salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Stir through sauce before serving.

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

