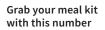


Easy Beef Meatballs & Baby Carrots with Potato-Turnip Mash & Balsamic Salad

NEW

KID FRIENDLY













Dutch Carrots





Garlic & Herb Seasoning







Passata

Spinach & Rocket





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

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*	1/4 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*	1/4 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.



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.



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.



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.



Serve up

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







