



# American BBQ Beef Meatballs

with Sweet Potato Fries & Rainbow Salad

Grab your Meal Kit with this symbol



Sweet Potato



Sweetcorn



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



BBQ Sauce



Cherry Tomatoes



Mixed Salad Leaves

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**

Calorie Smart

These rissoles are bursting with the tried and true flavour of our All-American spice blend and tangy BBQ sauce. On the side, we've got a bright salad and wholesome oven-baked sweet potato fries for a splendid finish.

## Pantry items

Olive Oil, Egg, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper  
Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
All-American spice blend	¾ sachet	1½ sachets
BBQ sauce	1 packet (40g)	1 packet (100g)
cherry tomatoes	1 punnet	2 punnets
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	1 tsp	2 tsp

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2484kJ (593Cal)	426kJ (101Cal)
Protein (g)	39.7g	6.8g
Fat, total (g)	23.5g	4g
- saturated (g)	7g	1.2g
Carbohydrate (g)	50.9g	8.7g
- sugars (g)	25.9g	4.4g
Sodium (mg)	897mg	154mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of salt and **pepper** and toss to coat. Bake on the top rack until tender, **20-25 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time. If your tray is getting crowded, spread the sweet potato across two trays.



## 2. Char the corn

While the fries are baking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## 3. Make the meatballs

In a medium bowl, combine the **beef mince**, **egg**, **fine breadcrumbs** (see ingredients list), **All-American spice blend** (see ingredients list) and a **generous pinch** of salt. Using damp hands, shape a heaped spoonful of the beef mixture into a small meatball. Transfer to a plate. Repeat with the remaining beef mixture (you should get about 4-5 meatballs per person).



## 4. Cook the meatballs

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **meatballs** and cook until browned and cooked through, **8-10 minutes**. Remove the pan from the heat. Add the **BBQ sauce** and a **small splash** of **water** and toss to coat the **meatballs**, **30 seconds**.



## 5. Make the salad

While the meatballs are cooking, halve the **cherry tomatoes**. Add the **tomatoes** and **mixed salad leaves** to the bowl with the **corn**. Season to taste. Add the **white wine vinegar** and a **drizzle** of **olive oil** and toss to combine.



## 6. Serve up

Divide the sweet potato fries, American BBQ meatballs and rainbow salad between plates. Spoon over any BBQ sauce from the pan to serve.

**Enjoy!**