



# Quick All-American Beef Meatball Tacos

with Spinach Slaw & Mayonnaise

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Shredded Cabbage Mix



Baby Spinach Leaves



Mayonnaise



Mini Flour Tortillas



Shredded Cheddar Cheese



Chicken Mince

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

Eat Me Early\*  
\*Custom Recipe only

Who said meatballs can only be in pasta dishes? We've thrown the rule book out the window and packed American-spiced meatballs into mini tortilla wraps! With spinach, slaw and bright cheddar cheese, you'll be thanking us later!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg



## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
chicken mince**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3403kJ (813Cal)	710kJ (170Cal)
Protein (g)	47.6g	9.9g
Fat, total (g)	40.1g	8.4g
- saturated (g)	13.1g	2.7g
Carbohydrate (g)	62.1g	13g
- sugars (g)	16.6g	3.5g
Sodium (mg)	1494mg	312mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	627kJ (150Cal)
Protein (g)	48g	10g
Fat, total (g)	29.3g	6.1g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	62.1g	13g
- sugars (g)	16.6g	3.5g
Sodium (mg)	1470mg	307mg

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Get prepped

- Grate **carrot**.
- In a medium bowl, combine **beef mince**, **All-American spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person). Transfer to a plate.

**Custom Recipe:** If you've swapped to chicken mince, combine with ingredients in the same way as above. Set aside for 5 minutes (letting the mixture rest helps the rissoles hold their shape while cooking). Using damp hands, roll heaped spoonfuls of chicken mixture into small meatballs (4-5 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

3



## Assemble the slaw & heat the tortillas

- Meanwhile, in a large bowl, combine **shredded cabbage mix**, **carrot**, **baby spinach leaves**, 1/2 the **mayonnaise** and a drizzle of **olive oil**. Season.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



## 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).

**Custom Recipe:** In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. Cook rissoles, until browned and cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).

4



## Serve up

- Halve meatballs. Spread each tortilla with the remaining mayo.
- Top with the slaw and American-spiced beef meatballs.
- Sprinkle over **shredded Cheddar cheese** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)