



Baked Beef Meatball Goulash & Brown Rice

with Veggies, Yoghurt & Parsley

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Garlic



Parsley



Tomato



Onion



Carrot



Chermoula Spice Blend



Tomato Paste



Beef-Style Stock Powder



Baby Spinach Leaves



Beef Mince



Greek-Style Yoghurt



Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

The chermoula, yoghurt and parsley-laced meatballs work a treat with the onion and carrot-studded red sauce, which develops a stew-like consistency in the oven. Serve over hearty brown rice to soak up the deliciousness.

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

Pantry items

Olive Oil, Plain Flour

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

Medium saucepan with a lid · Large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
tomato	½	1
onion	1	2
carrot	1	2
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
plain flour*	1 tsp	2 tsp
beef-style stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1 ½ cups
baby spinach leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (645Cal)	552kJ (132Cal)
Protein (g)	39g	8g
Fat, total (g)	22.2g	4.5g
- saturated (g)	7.7g	1.6g
Carbohydrate (g)	69.3g	14.2g
- sugars (g)	19.1g	3.9g
Sodium (mg)	986mg	202mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3086kJ (738Cal)	578kJ (138Cal)
Protein (g)	45.7g	8.6g
Fat, total (g)	29g	5.4g
- saturated (g)	10.3g	1.9g
Carbohydrate (g)	70.2g	13.2g
- sugars (g)	19.6g	3.7g
Sodium (mg)	1418mg	266mg

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.

We're here to help!

Scan here if you have any questions or concerns



Make the brown rice

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add **brown rice** and bring to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**.
- Drain and return to saucepan. Cover to keep warm.



Finish the meatballs

- Remove baking dish from oven, then add **tomato sauce mixture**. Turn **meatballs** to coat.
- Bake until sauce is slightly thickened, a further **8-10 minutes**.



Start the meatballs

- Meanwhile, finely chop **garlic** and **parsley**. Cut **tomato** (see ingredients) and **onion** into thin wedges. Thinly slice **carrot** into half-moons.
- In a medium bowl, combine **beef mince**, **garlic**, **parsley** (reserve a pinch for garnish!), **chermoula spice blend** and some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people). Season with **salt** and **pepper**.
- Using damp hands, take heaped spoonfuls of **mixture** and shape into small meatballs (4-5 per person).
- Transfer **meatballs** to a baking dish. Drizzle with **olive oil** and turn to coat. Bake until browned, **10-15 minutes**.



Bring it all together

- When the meatballs are done, remove from oven.
- Stir through **baby spinach leaves**.



Make the sauce

- While the meatballs are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **carrot** and **onion**, stirring until softened, **4-5 minutes**.
- Add **tomato** and cook until softened, **2 minutes**. Add **tomato paste** and the **plain flour** and cook until fragrant, 1-2 minutes.
- Add **beef-style stock powder** and the **water** and stir to combine. Season.

Custom Recipe: If you've added diced bacon, cook diced bacon with onion, breaking bacon up with a spoon, until browned, 5-6 minutes. Continue with step as above.



Serve up

- Divide brown rice between bowls. Top with baked meatballs and veggie goulash.
- Garnish with remaining parsley. Serve with remaining Greek-style yoghurt. Enjoy!

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