



# Baked Beef Meatball Stew & Brown Rice

with Veggies, Yoghurt & Parsley

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Garlic



Parsley



Tomato



Brown Onion



Carrot



Beef Mince



Chermoula Spice Blend



Greek-Style Yoghurt



Tomato Paste



Beef-Style Stock Powder



Baby Spinach Leaves



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

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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
brown 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
<b>plain flour*</b>	1 tsp	2 tsp
beef-style stock powder	1 medium sachet	2 medium sachets
<b>water*</b>	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)	3107kJ (743Cal)	582kJ (139Cal)
Protein (g)	46g	8.6g
Fat, total (g)	28.3g	5.3g
- saturated (g)	10.1g	1.9g
Carbohydrate (g)	70.1g	13.1g
- sugars (g)	19.6g	3.7g
Sodium (mg)	1432mg	268mg

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



## 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 **brown 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, shape heaped spoonfuls of **mixture** and 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 stew.
- Garnish with remaining parsley. Serve with remaining Greek-style yoghurt. Enjoy!

## Rate your recipe

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