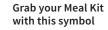


Baked Beef Meatball Stew & Brown Rice

with Veggies, Yoghurt & Parsley

NEW

DIETITIAN APPROVED













Parsley





Brown Onion





Beef Mince

Chermoula Spice Blend







Greek-Style Yoghurt

Tomato Paste





Beef-Style Stock Powder

Baby Spinach Leaves





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



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.

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 \cdot Large baking dish \cdot Large frying pan

Ingredients

9		
	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	1/2	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
plain flour*	1 tsp	2 tsp
beef-style stock powder	1 medium sachet	2 medium sachets
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)	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 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.



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.



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.



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.



Bring it all together

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



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!