

Easy Baked Italian Beef Meatballs

with Roast Veggie Couscous

Grab your Meal Kit with this symbol



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Carrot



Zucchini



Couscous



Vegetable Stock Powder



Mixed Leaves



Passata



Italian Herbs



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **40-50 mins**



Spiked with our garlic and herb seasoning, these minimal work meatballs are cooked entirely in the oven, and are brought together with a rich red sauce. Roast the veg and prep the couscous while the meatballs bake and you have a recipe you'll be making on the regular. Remember to add the fresh herb garnish for a robust depth of flavour.

Pantry items

Olive Oil, Egg, Balsamic 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

Medium or large baking dish - Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
carrot	1	2
zucchini	1	2
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
mixed leaves	1 small bag	1 medium bag
passata	1 box	2 boxes
Italian herbs	½ medium sachet	1 medium sachet
water*	¼ cup	½ cup
balsamic vinegar*	drizzle	drizzle
herbs	1 bag	2 bags

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	532kJ (127Cal)
Protein (g)	42.4g	8.7g
Fat, total (g)	21.1g	4.3g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	61.7g	12.6g
- sugars (g)	14g	2.9g
Sodium (mg)	1237mg	253mg

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.

1



Bake the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a baking dish, then drizzle with **olive oil**.
- Bake until browned and cooked through, **15-20 minutes**.

3



Bring it all together

- When **meatballs** are done, add **passata**, **Italian herbs** (see ingredients), the **water** and a drizzle of **balsamic vinegar** to the baking dish. Stir to combine.
- Return **meatballs** to oven to cook until sauce is slightly thickened, **5-8 minutes**.
- When roast **veggies** are done, transfer to bowl with the **couscous**. Gently stir to combine. Season to taste.

2



Roast the veggies & prep the couscous

- While meatballs are baking, roughly chop **carrot** and **zucchini** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, boil the kettle.
- When veggies have **10 minutes** remaining, place **couscous** in a medium heatproof bowl. Add **vegetable stock powder** and the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people), stirring to combine. Immediately cover with a plate, then set aside for **5 minutes**. Fluff up with a fork. Stir through **mixed leaves**.

4



Serve up

- Divide roast veggie couscous between plates.
- Top with baked Italian beef meatballs, spooning over the sauce from the baking dish.
- Tear over **herbs** to serve.

Enjoy!