



# Onion-Glazed Mumbai Beef Meatballs

with Bombay Fries, Salad & Garlic Sauce

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Red Apple



Carrot



Mumbai Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Beef Mince



Caramelised Onion Chutney



Garlic Sauce

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



Discover a classic fusion of Indian and modern flavours with a whole new twist! Take crispy Bombay fries paired with moreish onion-glazed beef meatballs, all the right spices and tender veggies, and you've got a dinner-time hit. Serve with a crisp salad for a hit of freshness.

### Pantry items

Olive Oil, Egg, White Wine 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
brown mustard seeds	1 medium sachet	1 large sachet
red apple	½	1
carrot	1	2
beef mince	1 small packet	1 medium packet
Mumbai spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
caramelised onion chutney	1 packet (40g)	2 packets (80g)
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
garlic sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (598Cal)	446kJ (106Cal)
Protein (g)	40.7g	7.2g
Fat, total (g)	24.8g	4.4g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	50.8g	9g
- sugars (g)	20.8g	3.7g
Sodium (mg)	1016mg	181mg

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.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and sprinkle over **brown mustard seeds**. Toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

2



## Get prepped

- Meanwhile, thinly slice **red apple** (see ingredients) into wedges.
- Grate **carrot**.

3



## Make the meatballs

- In a medium bowl, combine **beef mince**, **Mumbai spice blend**, **fine breadcrumbs**, the **egg** and a generous pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

4



## 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).
- Remove pan from heat, then add **caramelised onion chutney** and a good splash of **water**, tossing the meatballs until coated.

5



## Toss the salad

- While the meatballs are cooking, combine **mixed salad leaves**, **red apple** and **carrot** in a medium bowl.
- Add a pinch of **salt** and **pepper**. Drizzle with **white wine vinegar** and **olive oil**. Toss to coat.

6



## Serve up

- Divide onion-glazed Mumbai beef rissoles, bombay fries and salad between plates.
- Serve with **garlic sauce**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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