

Tex-Mex Beef Meatballs & Caramelised Onion

with Veggie-Cauli Rice & Greek Yoghurt

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Brown Onion



Carrot



Sweetcorn



Fine Breadcrumbs



Tex-Mex Spice Blend



Vegetable Stock Powder



Beef Mince




Cauliflower Rice



Greek-Style Yoghurt

Prep in: 30-40 mins
Ready in: 35-45 mins

 Carb Smart

Give classic meatballs a fun twist by lacing them with our mild Tex-Mex spice blend, and giving them some time to mingle in the pan with sweet and savoury caramelised onion. Serve over a veggie-loaded cauli rice instead of regular rice and you'll also be keeping the carbs down, without feeling like you're missing out.

Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby spinach leaves	1 small bag	1 medium bag
brown onion	½	1
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (420g)
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
egg*	1	2
cauliflower rice	1 packet (250g)	1 packet (500g)
vegetable stock powder	½ sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2223kJ (531Cal)	413kJ (99Cal)
Protein (g)	40.6g	7.5g
Fat, total (g)	24.4g	4.5g
- saturated (g)	8.5g	1.6g
Carbohydrate (g)	34.2g	6.4g
- sugars (g)	20.1g	3.7g
Sodium (mg)	1156mg	215mg
Dietary Fibre (g)	9.2g	1.7g

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.



Get prepped

- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Thinly slice **brown onion** (see ingredients). Thinly slice **carrot** into half-moons. Drain the **sweetcorn**.
- SPICY!** The spice blend is mild, but use less if you're sensitive to heat. In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Tex-Mex spice blend**, the **egg**, 1/2 the **garlic** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small **meatballs** (4-5 per person). Transfer to a plate.



Cook the meatballs & onion

- Wipe out frying pan, then return to medium-high heat with a generous drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned, **5-7 minutes**.
- Reduce heat to medium, then add **onion** and cook, stirring regularly, until softened, **4-5 minutes**.
- Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well.

TIP: Add a splash more water to loosen the onion mixture, if needed.



Cook the carrot and corn

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **corn**, stirring, until tender and lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Finish the rice

- Meanwhile, to the bowl with the **cauliflower rice**, add **spinach** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine. Season to taste.



Cook the cauliflower rice

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook remaining **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice** and **vegetable stock powder** (see ingredients) and cook, stirring, until softened, **2-4 minutes**.
- Transfer to the bowl with **carrot** and **corn**. Season to taste. Cover to keep warm.



Serve up

- Divide veggie-cauli rice between bowls.
- Top with Tex-Mex beef meatballs and caramelised onion.
- Serve with a dollop of **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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