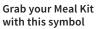


# Tex-Mex Beef Meatballs & Caramelised Onion

with this symbol







with Veggie-Cauli Rice & Greek Yoghurt









**Brown Onion** 







Sweetcorn

Fine Breadcrumbs



Spice Blend

Vegetable Stock





Cauliflower Rice



Greek-Style Yoghurt

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



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	1/2	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

<sup>\*</sup>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 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.



#### 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.



## 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.



## 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.



## 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!

