



Mediterranean Beef Meatballs

with Creamy Pesto Dressing & Garden Salad

MEDITERRANEAN

Grab your Meal Kit with this symbol



Garlic



Cucumber



Radish



Tomato



Beef Mince



Tuscan Herb Seasoning



Fine Breadcrumbs



Onion Chutney



Mixed Salad Leaves

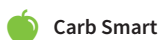


Creamy Pesto Dressing



Lamb Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



For beef meatballs with some Mediterranean vibes, lace them with our rich herb seasoning. Then add an extra layer of flavour by coating them in our onion chutney before serving over a simple and textural salad to balance out the richness. Don't forget the drizzle of creamy basil pesto dressing to tie everything together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
radish	2	4
tomato	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
Tuscan herb seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
onion chutney	1 medium packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)
lamb mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2088kJ (499Cal)	521kJ (125Cal)
Protein (g)	36g	9g
Fat, total (g)	28.5g	7.1g
- saturated (g)	9.4g	2.3g
Carbohydrate (g)	19.6g	4.9g
- sugars (g)	9.6g	2.4g
Sodium (mg)	755mg	188mg
Dietary Fibre (g)	5.6g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1645kJ (393Cal)	410kJ (98Cal)
Protein (g)	32.9g	8.2g
Fat, total (g)	19.4g	4.8g
- saturated (g)	4.4g	1.1g
Carbohydrate (g)	19.6g	4.9g
- sugars (g)	9.6g	2.4g
Sodium (mg)	775mg	193mg
Dietary fibre	5.6g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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



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1



Get prepped

- Finely chop **garlic**. Thinly slice **cucumber**, **radish** and **tomato**.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over 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 **onion chutney** and a splash of **water**. Toss **meatballs** to coat. Set aside.
- In a large bowl, combine **mixed salad leaves**, **cucumber**, **radish**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

Custom Recipe: Cook lamb meatballs in the same way as above.

2



Make the meatballs

- In a medium bowl, combine **beef mince**, **Tuscan herb seasoning**, **fine breadcrumbs** (see ingredients), the **egg**, **garlic** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped beef mince for lamb mince, make lamb meatballs in the same way as above.

4



Serve up

- Divide garden salad between plates.
- Top with Mediterranean beef meatballs, then spoon over any remaining glaze.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

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