



Irish Beef Meatball & Roast Veggie Stew

with Garlic Panini & Parsley

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Carrot



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Tomato



Garlic



Wholemeal Panini



Aussie Spice Blend



Red Wine Jus



Beef-Style Stock Powder



Baby Leaves



Parsley



Lamb Mince

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

Dive into a bowl of pure comfort with this hearty stew inspired from Ireland. Beef meatballs are drenched in a tomato and red wine-based stew, and accompanied by garlic-kissed panini to soak up all the delicious sauce. With a flourish of parsley on top, this dish will have your taste buds doing an Irish jig!

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

Pantry items

Olive Oil, Egg, Brown Sugar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
tomato	1	2
garlic	2 cloves	4 cloves
wholemeal panini	1	2
Aussie spice blend	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby leaves	1 small packet	1 medium packet
parsley	½ packet	1 packet
lamb mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2797kJ (668Cal)	523kJ (125Cal)
Protein (g)	43.5g	8.1g
Fat, total (g)	22.5g	4.2g
- saturated (g)	9.2g	1.7g
Carbohydrate (g)	66.4g	12.4g
- sugars (g)	19.5g	3.6g
Sodium (mg)	1815mg	340mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562Cal)	440kJ (105Cal)
Protein (g)	40.4g	7.6g
Fat, total (g)	13.3g	2.5g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	66.4g	12.4g
- sugars (g)	19.5g	3.6g
Sodium (mg)	1834mg	343mg

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](https://www.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

2024 | CW11



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the stew

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **tomato** until tender, **2-3 minutes**.
- Add **Aussie spice blend** and remaining **garlic**, then cook until fragrant, **1 minute**.
- Reduce heat to medium and add **red wine jus**, **beef-style stock powder**, the **brown sugar** and **water**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.

2



Prep the meatballs

- In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, **garlic & herb seasoning** and the **egg**.
- 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 to lamb mince, follow instructions as above.

5



Bring it all together

- Meanwhile, brush **garlic oil** over the cut-side of **panini** halves.
- Place **panini** directly on wire oven racks and bake until heated through, **5-8 minutes**.
- Remove pan from heat, return **meatballs** to pan and add the **roasted veggies** and **baby leaves**, stirring to combine.

3



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**. Transfer to a plate.
- Meanwhile, roughly chop **tomato**. Finely chop **garlic**. Cut **wholemeal panini** in half lengthways.
- Combine a generous drizzle of **olive oil** and half the **garlic** in a small bowl. Season with **salt** and **pepper**.

Custom Recipe: Follow instructions as above.

6



Serve up

- Divide Irish beef meatball and roast veggie stew between bowls.
- Tear over **parsley** (see ingredients). Serve with garlic panini. Enjoy!

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