

# Onion-Glazed Beef & Pork Meatballs

with Cauli-Veggie Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Baby Leaves



Onion



Carrot



Sweetcorn



Beef & Pork Mince



Fine Breadcrumbs



Tex-Mex Spice Blend



Cauliflower Rice



Vegetable Stock Powder




Greek-Style Yoghurt



Pork Mince

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

 Carb Smart

We're checking off some must-haves with tonight's dinner. A scrumptious serving of plump beef and pork meatballs, check. Cooked in our favourite Tex-Mex spice, check. What about cauliflower rice, for a light and fluffy addition, check. A load of veggies including sticky caramelised onion, check again. This recipe passes with flying colours!

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

### Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, White Wine 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
baby leaves	1 small packet	1 medium packet
onion	½	1
carrot	1	2
sweetcorn	1 medium tin	1 large tin
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
cauliflower rice	1 medium packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
pork 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)	2375kJ (568Cal)	455kJ (109Cal)
Protein (g)	38.1g	7.3g
Fat, total (g)	30.1g	5.8g
- saturated (g)	10.2g	2g
Carbohydrate (g)	35.8g	6.9g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1123mg	215mg
Dietary Fibre (g)	10.1g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506Cal)	405kJ (97Cal)
Protein (g)	35.7g	6.8g
Fat, total (g)	24.3g	4.7g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	35.8g	6.9g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1138mg	218mg
Dietary fibre	10.1g	1.9g

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 | CW17



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## Get prepped

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

**Custom Recipe:** If you've swapped to pork mince, prepare pork meatballs in the same way as the beef & pork meatballs.

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## Cook the meatballs

- Wipe out the frying pan and 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**, stirring, until softened, **4-5 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well.

**TIP:** Add a splash more water if the onion mixture looks too thick.

**Custom Recipe:** Cook pork meatballs as above.

2



## Cook the carrot & corn

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **carrot** and **sweetcorn** 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.

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## Bring it all together

- While the meatballs are cooking, add **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** to the **cauliflower rice**. Toss to combine and season to taste.

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## Make the cauliflower rice

- Return the 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 until softened, **2-4 minutes**. Transfer to bowl with **carrot** and **corn** and season to taste. Cover to keep warm.

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## Serve up

- Divide veggie cauliflower rice between bowls.
- Top with Tex-Mex beef and pork meatballs and caramelised onion.
- Dollop with **Greek-style yoghurt** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)