



Cheesy Lamb Meatballs & Tomato Sauce

with Cauli-Potato Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Silverbeet



Garlic



Lamb Mince



Shredded Cheddar Cheese



Tomato Paste



Italian Herbs

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Carb Smart

The trick to keeping these lamb meatballs succulent and moist is a fabulous tomato sauce, and once you've mastered how to perfectly balance the flavours in yours you'll never look back.

Pantry items

Olive Oil, Butter

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
potato	1	2
butter* (for the mash)	20g	40g
carrot	1	2
silverbeet	1 bag	1 bag
garlic	3 cloves	6 cloves
lamb mince	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
salt*	¼ tsp	½ tsp
tomato paste	1 packet	2 packets
italian herbs	1 sachet	1 sachet
water*	½ cup	1 cup
butter* (for the sauce)	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2652kJ (634Cal)	512kJ (122Cal)
Protein (g)	37.9g	7.3g
Fat, total (g)	40.3g	7.8g
- saturated (g)	20.2g	3.9g
Carbohydrate (g)	29.2g	5.6g
- sugars (g)	10.7g	2.1g
Sodium (mg)	1213mg	234mg
Dietary Fibre (g)	4.5g	0.9g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Make the cauli-potato mash

Bring a medium saucepan of salted water to the boil. Cut the **cauliflower** into small florets. Peel the **potato** and cut into large chunks. Cook the **cauliflower** and **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)**, and season generously with **salt**. Mash until smooth and cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



2 Get prepped

While the mash is cooking, thinly slice the **carrot** into sticks. Roughly chop the **silverbeet**. Finely chop the **garlic**.



3 Make the meatballs

In a medium bowl, combine the **lamb mince**, **shredded Cheddar cheese**, the **salt** and 1/2 the **garlic**. Using damp hands, roll heaped spoonfuls of the **lamb mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



4 Cook the garlic veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until tender, **2-3 minutes**. Add the **silverbeet** and the remaining **garlic** and cook until slightly wilted, **1-2 minutes**. Season to taste. Transfer to a bowl.



5 Cook the meatballs

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Transfer to a bowl. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **tomato paste** and **Italian herbs** until fragrant, **1 minute**. Add the **water** and **butter (for the sauce)** and simmer until slightly thickened, **1-2 minutes**. Return the **meatballs** to the pan and toss to coat. Season to taste.



6 Serve up

Divide the cauli-potato mash and garlic veggies between plates. Top with the cheesy lamb meatballs. Spoon any remaining sauce from the pan over the meatballs to serve.

Enjoy!