



# Middle Eastern Lamb Meatballs

with Turnip Mash & Chilli Flakes

Grab your Meal Kit with this symbol



Potato



White Turnip



Carrot



Baby Spinach Leaves



Garlic



Chicken-Style Stock Powder



Lamb Mince



Middle Eastern Seasoning



Tomato Paste



Chilli Flakes (Optional)



Beef Mince

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart

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

### Pantry items

Olive Oil, Butter, Brown Sugar



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
white turnip	1	2
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>butter*</b>	40g	80g
lamb mince	1 packet	1 packet
Middle Eastern seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	pinch	pinch
chilli flakes (optional) 🌶️	pinch	pinch
beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2016kJ (482Cal)	488kJ (117Cal)
Protein (g)	32.7g	7.9g
Fat, total (g)	26.3g	6.4g
- saturated (g)	13.9g	3.4g
Carbohydrate (g)	27g	6.5g
- sugars (g)	11.3g	2.7g
Sodium (mg)	1310mg	317mg
Dietary Fibre (g)	8.6g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2516kJ (601Cal)	609kJ (146Cal)
Protein (g)	35.9g	8.7g
Fat, total (g)	35.7g	8.6g
- saturated (g)	19.5g	4.7g
Carbohydrate (g)	27g	6.5g
- sugars (g)	11.3g	2.7g
Sodium (mg)	1288mg	312mg
Dietary Fibre (g)	8.6g	2.1g

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://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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## Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **white turnip** and cut into large chunks. Thinly slice **carrot** into half-moons. Roughly chop **baby spinach leaves**. Finely chop **garlic**.

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



## Cook the veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **carrot** until tender, **4-5 minutes**.
- Add **baby spinach** and cook until tender and slightly wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## Make the mash

- Cook **potato** and **turnip** in the boiling water until easily pierced with a fork, **16-18 minutes**. Drain and return to the pan.
- Add **chicken-style stock powder** and 1/2 the **butter**. Mash until smooth. Cover to keep warm.



## Cook the meatballs

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned **3-4 minutes** (cook in batches if your pan is getting crowded).
- Reduce heat to medium, then add **tomato paste** and cook until fragrant, **1 minute**.
- Add the **water**, remaining **butter** and a pinch of **brown sugar**. Stir to combine and cook until slightly thickened, **1-2 minutes**. Season to taste.

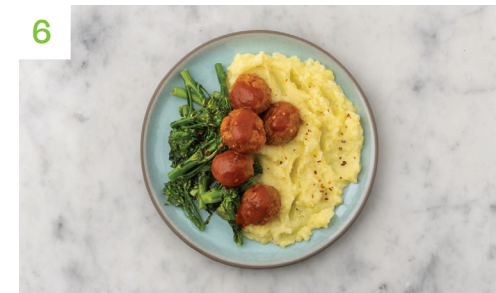
**Custom Recipe:** Cook beef meatballs in the same way as above.



## Make the meatballs

- In a medium bowl, combine **lamb mince**, **Middle Eastern seasoning** and **garlic**.
- 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 lamb mince for beef mince, combine beef in the same way as above.



## Serve up

- Divide turnip mash between plates.
- Top with veggies and Middle Eastern lamb meatballs.
- Spoon over sauce and garnish with a pinch of **chilli flakes** (if using). Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)