

Herby Beef Meatballs & Cauliflower Mash

with Steamed Broccoli & Balsamic Green Salad

Grab your Meal Kit with this symbol



Potato



Cauliflower



Broccoli



Garlic



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Salad Leaves



Tomato Sugo




Beef Mince

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 20-30 mins
Ready in: 25-35 mins

 Carb Smart

Get ready to fall head over heels for this rich, hearty dish that's a splendid symphony of flavours. The secret is combining the meatballs with the garlic and herb seasoning, tomato sugo and garlic. With a bed of fluffy cauliflower mash to finish it off, you better be ready to savour every taste — it'll be gone before you know it!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
broccoli	½ head	1 head
garlic	4 cloves	8 cloves
beef mince	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
butter*	30g	60g
tomato sugo	1 packet (200g)	1 packet (400g)
water*	¼ cup	½ cup
salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (595Cal)	484kJ (115Cal)
Protein (g)	37.7g	7.3g
Fat, total (g)	31.7g	6.2g
- saturated (g)	16.9g	3.3g
Carbohydrate (g)	32.3g	6.3g
- sugars (g)	15g	2.9g
Sodium (mg)	1273mg	247mg
Dietary Fibre (g)	8.3g	1.6g

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.



Get prepped

- Bring a large saucepan of salted water to boil. Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets. Cut **broccoli** (including stalk) into small florets (see ingredients). Finely chop **garlic**.
- Add **potato** and **cauliflower** to saucepan of boiling water and cook for **15 minutes**.
- When potato has **7 minutes** remaining, place a colander or steamer basket on top of saucepan and add **broccoli**. Cover with a lid and steam until broccoli is tender, and potatoes and cauliflower can be easily pierced with a fork.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**. Add **tomato sugo**, **meatballs** and the **water**. Stir to combine and simmer until slightly thickened, **1-2 minutes**.



Prep the meatballs & finish the mash

- Meanwhile, combine **beef mince**, **garlic & herb seasoning**, 1/2 of the **garlic** and a pinch of **salt** in a medium bowl. Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.
- Transfer **broccoli** to a medium bowl, season to taste and cover to keep warm. Drain **potato** and **cauliflower**, then return to saucepan. Add **chicken-style stock powder** and the **butter** and mash until smooth. Cover to keep warm.



Serve up

- In a medium bowl, combine **salad leaves**, a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide cauliflower mash between bowls.
- Top with herby beef meatballs. Serve with steamed broccoli and balsamic green salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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