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Meatballs with Roasted Root Vegetables

Meatballs are a speciality in so many different countries across the world, from Germany to Egypt and so many people have that special recipe from their grandpa or mum, which is the BEST. Well, it seems we have some stiff competition, but don't worry, we take our dinner time responsibilities very seriously; you won't be disappointed with these beefy meatballs.

 40 mins

 family box

 lactose free

 gluten free



Sweet Potato (1)



Potato (1)



Parsnip (1)



Onion (1)



Garlic Clove (2)



Beef Mince (500g)



Organic Chopped Tomatoes (1 tin)



Beef Stock Pot (1)




Organic Mixed Beans (1 tin)



Kale (4 handfuls)

Ingredients

	2P	4P
Sweet Potato, chopped	-	1
Potato, chopped	-	1
Parsnip, chopped	-	1
Onion, chopped	-	1
Garlic Clove, chopped	-	2
Beef Mince	-	500g
Organic Chopped Tomatoes	-	1 tin
Beef Stock Pot	-	1
Organic Mixed Beans	-	1 tin
Kale, shredded	-	4 handfuls

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

N/A

Nutrition per serving: Calories: 674 kcal | Protein: 36 g | Carbs: 66 g | Fat: 28 g | Saturated Fat: 10 g



1 Pre-heat your oven to 200 degrees. Peel and chop the sweet potato, potato, and parsnip into 1 cm square cubes. **LH:** Add them to a pot of cold, lightly salted water. Cover, bring to the boil and simmer for 5 mins, until just tender.



2 Meanwhile put 4 tbsp of oil onto an empty baking tray and pop on the top shelf of the oven for the 5 mins, while the veggies boil. Drain the veggies and add to the hot baking tray, along with ½ tsp of salt and a good grind of pepper, tossing gently to coat them all with oil. Return to the oven on the top shelf for 10 mins. **Tip:** Careful the oil doesn't spit at you when you put the veggies on the baking tray.



3 Meanwhile, peel and finely chop the onion into roughly ½cm pieces, peel and finely chop your garlic. Put half the onion into a bowl with the mince and all the garlic. Add ½ tsp of salt and few grinds of black pepper and mix together. **LH:** Use damp hands to shape the mixture into 20 walnut-sized balls. **Tip:** Don't roll them too tight or the meat will be tough.



4 Heat 2 tbsp of oil in a large frying pan and fry the meatballs over medium heat, turning occasionally,

for 5 mins, until browned all over and cooked through. **Tip:** Be gentle when you turn them or they will crumble. When the meatballs are cooked, take the pan off the heat and set aside.

5 When the veggies have been cooking for 10 mins, take them out of the oven, turn them over and pop them back in the oven for 10-15 mins.

6 Put 2 tbsp of oil in a large frying pan and fry the remaining onion for 3-4 mins, until browned and softened.

7 Add the tinned tomatoes, stock pot and 300ml of water to your onion in the pan. Drain and rinse the mixed beans thoroughly and add them to the pan as well. Simmer for 5 mins.

8 When the sauce has bubbled for 5 mins, add the meatballs to the sauce mixture and stir gently together. Finely shred the kale, discarding any tough stalks and add to the pan. Stir to mix and simmer for 5 mins.

9 Serve the meatballs with the roasted veg. Tuck in and enjoy!