



More Than Food
HelloFresh.co.uk



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Smoky Team-Effort Meatballs with Creamy Mash

Wisdom is everywhere, if you know where to look. Just the other day, Patrick was wandering down to the Fresh Farm, when he saw a big billboard exclaiming 'Dreams don't work, unless you do'. He took it as a sign to whip up these meatballs. They take a little bit of work but he wanted you to try something a little different and the end result is an absolute corker. We recommend enlisting the help of your dinner guest(s) to make the meatballs!

40 mins

gluten free

spicy



Red Onion



Flat Leaf Parsley



Cheddar Cheese



Beef Mince



English Mustard



Dried Oregano



Cumin



Potato



Carrot



Red Chilli



Yellow Pepper




Smoked Paprika



Tomato Passata

Ingredients

	2P	4P
Red Onion, sliced	½	1
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Cheddar Cheese 1	3 tbsp	6 tbsp
Beef Mince	250g	500g
English Mustard 2	½ tsp	1 tsp
Dried Oregano	½ tsp	1 tsp
Cumin	½ tsp	1 tsp
Potato, chopped	1 pack	2 packs
Carrot, chopped	1	2
Red Chilli, chopped	1 tsp	2 tsp
Yellow Pepper, sliced	1	2
Smoked Paprika	½ tsp	1 tsp
Tomato Passata	1 carton	2 cartons

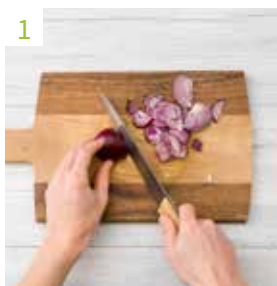
 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Mustard

Nutrition per serving: Calories: 873 kcal | Protein: 37 g | Carbs: 84 g | Fat: 43 g | Saturated Fat: 15 g

1



1 Peel and slice the onion in half lengthways through the root. Slice half the onion widthways into ultra-thin 'half moons'. Finely chop your parsley and grate your cheddar. Reserve a quarter of your onion and add the rest to a large non-stick saucepan with 1 tbsp of olive oil and cover with a lid. Cook on low heat for 10 mins.

2



2 Pre-heat your oven to 200 degrees and very finely chop your remaining onion. Add this to the beef mince with the mustard, oregano, cumin and 1 tbsp of finely chopped parsley. Add ¼ tsp of salt and very thoroughly mix the ingredients, then form into six meatballs. Stick your thumb into each, then fill with a bit of grated cheese before closing them up tight.

3



3 Place the meatballs on a baking tray and cook on the top shelf of the oven for 20 mins. **Tip:** They should be nicely browned off when you remove them from the oven.

5



4 Boil a pot of water with ¼ tsp of salt for the potatoes. Peel and chop the potatoes into roughly 3cm cubes. Boil them in the water for around 10 mins or until you can easily slip a knife through them. Drain and mash with 1

tbsp of butter and 2 tbsp of milk (if you have some) and a good pinch of salt.

5 Meanwhile, peel and chop the carrot into tiny cubes (½cm if your knife skills allow). Very finely chop the red chilli (remove the seeds if you don't like it too hot). Remove the core from the yellow pepper and slice into thin matchsticks.

6 Take the lid off the onions (which should be nice and soft) and add the carrot and pepper, add the smoked paprika and as much chilli as you dare. Give it a stir and turn the heat to medium. Cook for around 8 mins to soften everything up.

7 Once all the veggies are soft, add in the tomato passata and ½ tsp of sugar (if you have some). Add ¼ tsp of salt and a few grinds of pepper (then taste and add more if needed). Bubble away for 5 mins on medium-low heat before adding in the cooked meatballs. Cook for a further 5 mins before gently stirring in 1 tbsp of finely chopped parsley.

8 Serve with your mash and another sprinkle of parsley.