



# Beef Meatballs and Redcurrant Sauce with Cheesy Mash and Broccoli

Family 35-40 Minutes • 1 of your 5 a day

2



Potatoes



Garlic Clove



Mixed Herbs



Panko Breadcrumbs



Beef Mince



Mature Cheddar  
Cheese



Red Wine  
Jus Paste



Redcurrant Jelly



Broccoli Florets



Mature Cheddar  
Cheese

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, bowl, baking tray, grater, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mixed Herbs	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs <b>13)</b>	10g	15g	20g
Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** <b>7)</b>	30g	40g	60g
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Redcurrant Jelly	25g	37g	50g
Broccoli Florets**	200g	300g	400g
Mature Cheddar Cheese** <b>7)</b>	60g	80g	120g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	491g	100g	506g	100g
Energy (kJ/kcal)	2504 /598	510 /122	2765 /661	546 /131
Fat (g)	26.3	5.4	31.6	6.2
Sat. Fat (g)	12.0	2.4	15.3	3.0
Carbohydrate (g)	53.4	10.9	53.5	10.6
Sugars (g)	8.9	1.8	8.9	1.8
Protein (g)	41.7	8.5	45.5	9.0
Salt (g)	2.29	0.47	2.57	0.51

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten

**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

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## Cheesy Mash Time

Once cooked, drain the **potatoes** in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir in the **grated cheese**, then season with **salt** and **pepper**. Cover with a lid to keep warm and set aside.

2



## Make your Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic, mixed herbs, breadcrumbs, salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person.  
**IMPORTANT:** Wash your hands and equipment after handling raw mince.

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## Simmer the Sauce

Pour the **water for the sauce** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste** and **redcurrant jelly**, then lower the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

At the same time, add the **broccoli** to the pan of **boiling water** and cook until just tender, 3-5 mins. Once cooked, drain in a colander, drizzle with a little **oil** and season with **salt** and **pepper**.

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## Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

Meanwhile, grate the **cheese**.

## CUSTOM RECIPE

If you've chosen to double up on **Cheddar**, prepare and cook the recipe in the same way.

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## Finish and Serve

Once your **sauce** has reduced, remove from the heat.

Share the **meatballs** and **cheesy mash** between your plates (reheat the **mash** first if needed), then spoon over the **redcurrant sauce**.

Serve the **broccoli florets** alongside.

## Enjoy!