



MEATBALL RAGU

with Green Beans and Rice



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Carrot



Green Beans



Beef Meatballs



Finely Chopped Tomatoes with Garlic & Onion



Beef Stock Pot



Bay Leaf



Chicken Stock Pot



Basmati Rice



Flat Leaf Parsley



Cheddar Cheese



Feta Cheese

MEAL BAG
Hands on: 20 mins
Total: 45 mins

2.5 of your
5 a day

Family Box

These aren't just your run-of-the mill meatballs. Our chef André has been working hard with our suppliers to create these delicious beef and caramelised onion meatballs. They require minimum effort but pack in maximum flavour! They go so well with the cheddar cheese for the kids, but if you're a grown-up and feeling fancy they are also great with the feta cheese! Fun for all the family!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Coarse Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Trim the top and bottom from the **carrot** (no need to peel!), quarter lengthways and chop into 1cm chunks. Trim the tops from the **green beans** and chop into thirds.



2 BROWN THE MEATBALLS

Heat a splash of **oil** in a frying pan over medium-high heat. When the **oil** is hot, add the **meatballs** and brown on all sides whilst turning frequently, 3-4 mins. Add the **carrot** to the pan and fry for 2 mins more.



3 SIMMER THE SAUCE

When the **meatballs** are browned add the **finely chopped tomatoes** and **water** (see ingredients for amount). Add the **beef stock pot**, stir to dissolve and bring to the boil. Lower the heat and simmer until the **meatballs** are cooked through and the sauce has reduced, 20 mins. Increase the heat slightly for the last 5 minutes if your **sauce** is still a little thin. **! IMPORTANT:** *The meatballs are cooked when they are no longer pink in the middle.*



4 COOK THE RICE

Whilst the **ragu** is bubbling away, boil the **water** for the **rice** (see ingredients for amount) in a large saucepan with the **bay leaf** and **chicken stock pot**. Stir to dissolve, add the **rice** and cover with a lid. Lower the heat to medium. After 5 mins, add the **green beans** and quickly pop the lid back on. Cook for another 5 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



5 FINISH THE PREP

As the **rice** and **meatballs** are cooking, roughly chop the **parsley** (stalks and all), grate the **cheddar cheese** and crumble the **feta**. Do any washing up and get ready to serve. Season the **meatball ragu** to taste with **salt** and **pepper**.



6 SERVE AND ENJOY

Fluff up the **rice** with a fork, discard the **bay leaf**, then share between your bowls. Top the **rice** with the **meatball ragu**. **🌟 TWIST IT UP:** *Sprinkle over the feta and parsley for the grown ups and give the kids the cheddar. Enjoy!*

4 PEOPLE INGREDIENTS

Carrot, chopped	1
Green Beans, chopped	1 pack
Beef Meatballs ¹⁴⁾	400g
Finely Chopped Tomatoes with Garlic & Onion	1 carton
Water for the Sauce*	150ml
Beef Stock Pot ¹⁴⁾	1
Water for the Rice*	600ml
Bay Leaf	1
Chicken Stock Pot	1
Basmati Rice	300g
Flat Leaf Parsley, chopped	1 small bunch
Cheddar Cheese, grated ⁷⁾	30g
Feta Cheese, crumbled ⁷⁾	1 block

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 349G	PER 100G
Energy (kcal)	646	185
(kJ)	2701	774
Fat (g)	21	6
Sat. Fat (g)	11	3
Carbohydrate (g)	78	22
Sugars (g)	15	4
Protein (g)	35	10
Salt (g)	4.96	1.42

ALLERGENS

⁷⁾ Milk ¹⁴⁾ Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

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