



LAMB MEATBALLS

with Chilli Beans, Zesty Rice and Cheddar



HELLO CHEDDAR CHEESE

Originating in the Somerset Village of Cheddar. This cheese accounts for over 50% of the Country's annual cheese consumption.



Red Pepper



Red Onion



Garlic Clove



Coriander



Lime



Mature Cheddar Cheese



Mixed Beans



Basmati Rice



Lamb Mince



Mexican Spice



Tomato Purée



Finely Chopped Tomatoes



Beef Stock Powder

35 mins

2 of your 5 a day

Medium heat

Quick and easy to prep, our tender lamb and coriander meatballs with chilli beans is the perfect recipe for busy evenings. Seasoned with Mexican spice to give the dish an authentic kick, the flavours in this dish are hard to beat. Season with fresh ingredients like garlic, coriander and zesty lime and top with cheddar cheese for a delicious mid-week meal.

BEFORE YOU START

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



1 GET PREPPED

Halve the **pepper** and discard the core and seeds. Chop into small pieces. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Finely chop the **coriander** (stalks and all). Zest the **lime** and cut into wedges. Grate the **cheese**. Drain and rinse the **beans** in a sieve.



2 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and a pinch of **salt**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



3 FRY THE MEATBALLS

In the meantime, pop the **lamb mince** into a mixing bowl. Add **half** the **coriander** and season with a good pinch of **salt** and **pepper**. Mix together well. Shape the **lamb** into three even sized **meatballs** per person. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **meatballs** and cook until browned all over, 5-6 mins. Turn every minute or so. Drain off any excess fat.



4 START THE CHILLI

When the **meatballs** are browned, transfer to a plate (we will finish cooking them later!) and return the now empty frying pan to the heat. Add another drizzle of **oil** if dry, then stir in the **onion** and **red pepper**. Season with **salt** and **pepper**. Cook until the **veggies** are soft, 5-6 mins, stirring occasionally. Add the **garlic**, **Mexican spice** and **tomato purée** to the pan. Stirring, cook for 1 minute more.



5 SIMMER THE CHILLI

Add the **mixed beans**, **chopped tomatoes**, **water** for the chilli (see ingredients for amount), **stock powder** and a pinch of **sugar** (if you have some) to the pan. Mix everything together. Return the **meatballs** to the pan and bring to the boil. Reduce the heat to a simmer, cover with a lid or foil, and leave to gently bubble away until the **meatballs** are cooked and the **sauce** is thick, 8-10 mins. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle!



6 FINISH AND SERVE

Once the **meatballs** are cooked, fluff up the **rice** with a fork and stir through the **lime zest**. Taste and season the **chilli** with **salt** and **pepper**. Share the **rice** between your bowls then spoon the **chilli** on top. Sprinkle on the remaining **coriander** and the **grated cheese**. Serve the **lime wedges** to the side ready to be squeezed over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper ✱	1	1½	2
Red Onion ✱	1	1½	2
Garlic Clove ✱	1	2	2
Coriander ✱	1 bunch	1 bunch	1 bunch
Lime ✱	½	1	1
Mature Cheddar Cheese 7) ✱	1 block	1½ blocks	2 blocks
Mixed Beans	1 carton	1½ cartons	2 cartons
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Lamb Mince ✱	200g	300g	400g
Mexican Spice	1 small pot.	¾ large pot.	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Chilli*	100ml	150ml	200ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 691G	PER 100G
Energy (kJ/kcal)	3165 / 757	458 / 110
Fat (g)	22	3
Sat. Fat (g)	9	1
Carbohydrate (g)	91	13
Sugars (g)	19	3
Protein (g)	41	6
Salt (g)	2.56	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

THUMBS UP OR THUMBS DOWN?

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