



# Smoky Beef Meatballs

with Cajun Spiced Rice

N° 10

**FAMILY** Hands on Time: 20 Minutes • Total Time: 35 Minutes • Medium Heat



Green Pepper



Garlic



Beef Mince



Panko Breadcrumbs



Smoked Paprika



BBQ Sauce



Cajun Spice Mix



Basmati Rice



Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Large Frying Pan, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Green Pepper**	1	1½	2
Garlic**	1	2	2
Beef Mince**	240g	360g	480g
Panko Breadcrumbs <b>13)</b>	10g	25g	25g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
BBQ Sauce <b>13)</b>	2 sachets	3 sachets	4 sachets
Cajun Spice Mix	½ pot	¾ pot	1 pot
Basmati Rice	150g	225g	300g
Water for Rice*	300ml	450ml	600ml
Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	664g	100g
Energy (kJ/kcal)	2992 / 715	450 / 108
Fat (g)	21	3
Sat. Fat (g)	9	1
Carbohydrate (g)	93	14
Sugars (g)	23	4
Protein (g)	35	5
Salt (g)	3.38	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**13)** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep Time

Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks. Peel and grate the **garlic** (or use a garlic press). Pop the **beef mince** into a mixing bowl and add the **panko breadcrumbs, smoked paprika** and **half the BBQ sauce**. Season well with **salt** and **pepper** and use your hands to combine all of the ingredients. Shape the **mixture** into 4 even-sized **meatballs** per person. **IMPORTANT:** Wash your hands after handling raw meat.



## 4. Cook the Rice

Pour in the boiling **water** (see ingredients for amount) and ¼ tsp of **salt**. Bring back to the boil, lower the heat to medium. 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).



## 2. Brown the Meatballs

Heat a splash of **oil** in a large, deep frying pan over medium-high heat. When hot, add the **meatballs** and brown all over. This will take around 4-5 mins, turn the **meatballs** every minute or so. Fill and boil your kettle.



## 5. Simmer

While the rice is cooking, add the **chopped tomatoes** and **chicken stock powder** to the **meatballs** and bring up to the boil. Lower the heat to a simmer and cook until the **meatballs** are cooked through, 15-20 mins. Carefully turn the **meatballs** halfway through cooking. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



## 3. Start the Rice

Meanwhile, heat a splash of **oil** in a saucepan over medium heat and add the **chopped pepper**. Cook until softened, stirring frequently for 3-4 mins. When the **peppers** are softened, stir in the **garlic** and **Cajun spices**. **TIP:** Add less if you're not a fan of heat! Cook for a minute and then stir in the **basmati rice**.



## 6. Serve

When the **meatballs** and **sauce** are ready, carefully stir in the remaining **BBQ sauce**. Fluff up the **rice** with a fork and share between your bowls. Spoon the **meatballs** and **sauce** on top.

**Dig in!**