



Everything
But The Chef

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Beef Meatballs with Sweet Pumpkin & Carrot Mash

Creamy, satisfying and sweet mash paired with juicy, hearty and mustard-y meatballs... Need any more adjectives to whet your appetite? You will love the flavours in this dish and the fact that it's a sinch to prepare! Our friends at Nonna's have thoughtfully prepared the gourmet meatball mix you'll be receiving and have packed it to the brim with the flavours of garlic, Dijon mustard and a hint of honey. Its a blend we know you're going to love.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1
 lactose free
 gluten free
 high protein

Pantry Items



Olive Oil



Pumpkin



Carrot



Gourmet Meatball Mince



Baby Spinach

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & cut into 2 cm pieces
2	4	carrots, peeled & cut into 5 mm thick slices A
2 tsp	1 tbs	olive oil *
300 g	600 g	gourmet meatball mince
1 bag	2 bags	baby spinach, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2500	Kj
Protein	37.8	g
Fat, total	35.4	g
-saturated	12.8	g
Carbohydrate	26.6	g
-sugars	21	g
Sodium	910	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, vegetable peeler, oven tray lined with baking paper, large frying pan, spatula, large bowl, potato masher, and a plate.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **pumpkin** and **carrot** in the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt** and **pepper**. Place in the oven and cook for **30 minutes** or until tender. Transfer to a large bowl or pot and mash with a potato masher until the desired consistency is reached (we like ours a little rustic and chunky).

3 Meanwhile, roll the **gourmet meatball mince** into meatballs (you should get five per person) and set aside on a plate.

4 Heat a dash of olive oil in a large frying pan over a medium-high heat. Add the meatballs and cook, turning, for **7-8 minutes** or until browned and cooked through. Add the **baby spinach** to the pan and cook for **1-2 minutes** or until just wilted.

5 To serve, divide the carrot and pumpkin mash between plates. Top with the meatballs and wilted spinach.



Did you know? The green hue in leafy green vegetables like spinach, is due to phytochemical chlorophyll, which promotes a healthy gut and good bacteria.