



Quick Mediterranean Beef Meatballs

with Garden Salad, Creamy Pesto & Almonds

BESTSELLER

Grab your Meal Kit with this symbol



Celery



Tomato



Carrot



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Onion Chutney



Mixed Salad Leaves



Creamy Pesto Dressing



Flaked Almonds



Haloumi

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

For meatballs with some Mediterranean vibes, lace them with our rich garlic and herb seasoning. Then add an extra layer of flavour by coating them in our caramelised onion chutney before serving over a simple and textural salad to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 medium bag	1 large bag
tomato	1	2
carrot	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
onion chutney	1 packet (40g)	2 packets (80g)
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2340kJ (559Cal)	557kJ (133Cal)
Protein (g)	35.5g	8.4g
Fat, total (g)	34.9g	8.3g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	24.4g	5.8g
- sugars (g)	15.6g	3.7g
Sodium (mg)	796mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3492kJ (835Cal)	684kJ (163Cal)
Protein (g)	52.6g	10.3g
Fat, total (g)	57.7g	11.3g
- saturated (g)	22.5g	4.4g
Carbohydrate (g)	25.6g	5g
- sugars (g)	16.5g	3.2g
Sodium (mg)	1831mg	359mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Finely chop **celery**.
- Roughly chop **tomato**.
- Grate **carrot**.

Custom Recipe: If you've added haloumi, cut into 1cm thick slices. In a medium bowl, add haloumi and cover with water to soak.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning regularly, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **onion chutney** and a splash of **water**. Gently toss **meatballs** to coat.
- While the meatballs are cooking, combine **mixed salad leaves, celery, carrot** and **tomato** in a medium bowl. Just before serving, add a drizzle of **balsamic vinegar** and **olive oil**. Toss to coat, then season to taste.

TIP: Dressing the salad just before serving will help the leaves stay crisp!

Custom Recipe: Drain haloumi and pat dry. Before cooking the meatballs, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to plate. Return pan to heat and continue with step as above.

2



Make meatballs

- In a medium bowl, combine **beef mince, garlic & herb seasoning, fine breadcrumbs** (see ingredients), the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

4



Serve up

- Divide garden salad between bowls. Top with Mediterranean beef meatballs, spooning over any remaining glaze from the pan.
- Drizzle with **creamy pesto dressing** and garnish with **flaked almonds** to serve. Enjoy!

Custom Recipe: Serve with haloumi.

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