

AMERICAN BEEF MEATBALLS

with Sweetcorn Slaw & Potato Fries





Add corn to a slaw





otato





Spring Onion

Sweetcorn





eef Mince

All-American Spice Blend





Fine Breadcrumbs

Slaw Mi

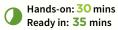




Garlic Aioli

BBQ Sauce

Pantry Staples: Olive Oil, Eggs





Roll up a taste of America into these bite-sized morsels of flavour! Studded with corn kernels and served with a creamy slaw, potato fries and smokey BBQ sauce for dipping, this is a moreish meal that will have you hooked!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · large frying pan



Preheat the oven to 240°C/220°C fanforced. Slice the potatoes (unpeeled) into 1cm fries. Place the potatoes on an oven tray lined with baking paper, drizzle with olive oil and season generously with salt and pepper. Toss to coat and spread out in a single layer.

*TIP: Cut the potatoes to the correct size so they cook in the allocated time.

Bake for 25-30 minutes or until tender.



2 GET PREPPEDWhile the fries are baking, finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Drain the **sweetcorn**.



MAKE THE MEATBALLS
In a large bowl, combine the beef mince,
garlic, All-American spice blend, fine
breadcrumbs (see ingredients list), egg, salt,
1/2 the sweetcorn and a pinch of pepper.
Using damp hands, shape spoonfuls of the
mixture into meatballs and place on a plate
(you should get 4-5 meatballs per person).



When the fries have 10 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan over a medium-high heat. When the oil is hot, add the meatballs and cook, turning regularly, for 4-5 minutes, or until browned. Reduce the heat to medium and cook, tossing occasionally, for a further 4-5 minutes until the meatballs are cooked through.



While the meatballs are cooking, add the slaw mix, garlic aioli, spring onion and remaining sweetcorn to a medium bowl. Before serving, toss to coat and season generously with salt and pepper.

*TIP: For the low-calorie option, omit the aioli and dress the salad with a small drizzle of olive oil and your favourite vinegar.



SERVE UP
Divide the fries, American beef meatballs and slaw between plates. Serve with the BBQ sauce.

ENJOY!

2 4 PEOPLE

INGREDIENTS

| | 2P | 4P |
|--------------------------|----------------------|-------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| garlic | 1 clove | 2 cloves |
| spring onion | 1 bunch | 1 bunch |
| sweetcorn | 1 tin (125 g) | 1 tin (300 g) |
| beef mince | 1 packet | 1 packet |
| All-American spice blend | 1 sachet | 2 sachets |
| fine breadcrumbs | ½ packet | 1 packet |
| eggs* | 1 | 2 |
| salt* | ¼ tsp | ½ tsp |
| slaw mix | 1 bag (200 g) | 1 bag (400 g) |
| garlic aioli | 1 tub (50 g) | 1 tub (100 g) |
| BBQ sauce | 1 tub (40 g) | 2 tubs (80 g) |

^{*}Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 2280kJ (545Cal) | 386kJ (92Cal) |
| Protein (g) | 44.5g | 7.5g |
| Fat, total (g) | 14.9g | 2.5g |
| saturated (g) | 5.3g | 0.9g |
| Carbohydrate (g) | 52.3g | 8.9g |
| - sugars (g) | 17.8g | 3.0g |
| Sodium (g) | 1330mg | 224mg |
| | | |

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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