



AMERICAN BEEF MEATBALLS

with Sweetcorn Slaw & Potato Fries



Add corn
to a slaw



Potato



Garlic



Spring Onion



Sweetcorn



Beef Mince



All-American
Spice Blend



Fine Breadcrumbs



Slaw Mix



Garlic Aioli



BBQ Sauce

Hands-on: **30** mins
Ready in: **35** mins

Low calorie

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!

Pantry Staples: Olive Oil, Eggs

BEFORE YOU START

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**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. 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. Bake for **25-30 minutes** or until tender.

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



2 GET PREPPED

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



3 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).



4 COOK THE MEATBALLS

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.



5 MAKE THE SLAW

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.



6 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](https://www.hellofresh.com.au/foodinfo)

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