

# Mustard Beef Meatballs & Creamy Herb Sauce

with Cauli-Potato Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Cauliflower



Zucchini



Carrot



Garlic



Beef Mince



Aussie Spice Blend



Dijon Mustard



Herbs



Light Cooking Cream

Prep in: 25-35 mins  
Ready in: 35-45 mins

Naturally Gluten-Free  
*Not suitable for coeliacs*

Carb Smart

Add a lovely depth of flavour to juicy meatballs by spiking the mince with our trusty Aussie spice blend and a dash of Dijon. To keep the carbs in check, serve with a mash bulked up with cauliflower, plus garlicky veg for crunch and colour. Drizzle with a herby cream sauce to tie everything together.

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 medium portion	1 large portion
butter*	20g	40g
zucchini	1	2
carrot	1	2
garlic	3 cloves	6 cloves
beef mince	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
Dijon mustard	1 packet	2 packets
herbs	1 bag	1 bag
light cooking cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2356kJ (563Cal)	464kJ (111Cal)
Protein (g)	35.5g	7g
Fat, total (g)	34.4g	6.8g
- saturated (g)	18.7g	3.7g
Carbohydrate (g)	27g	5.3g
- sugars (g)	11.6g	2.3g
Sodium (mg)	752mg	148mg
Dietary Fibre (g)	9.6g	1.8g

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



## 1 Make the mash

Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets. Cook **potato** and **cauliflower** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan. Add the **butter** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## 2 Get prepped

While the mash is cooking, slice **zucchini** and **carrot** into thin sticks. Finely chop **garlic**. Set aside. In a medium bowl, combine **beef mince**, **Aussie spice blend**, **Dijon mustard** and a good pinch of **salt**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.



## 3 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **carrot**, tossing, until tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season. Transfer to a bowl and cover to keep warm.



## 4 Cook the meatballs

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a bowl and cover to keep warm.



## 5 Make the sauce

While the meatballs are cooking, roughly chop **herb** leaves. When the meatballs are cooked, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic**, stirring, until fragrant, **30 seconds**. Stir in **herbs** and **light cooking cream**, then simmer until slightly reduced, **1-2 minutes**. Season generously with **salt** and **pepper**.



## 6 Serve up

Divide cauli-potato mash and veggies between plates. Top with mustard beef meatballs. Spoon over creamy herb sauce to serve.

## Enjoy!

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