



Tandoori-Style Meatballs

with Roast Veggie Toss & Yoghurt

NEW

KID FRIENDLY

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Fine Breadcrumbs



Baby Spinach Leaves



Flaked Almonds



Beef Mince



Tandoori Paste



Greek-Style Yoghurt

Prep in: 20-30 mins
Ready in: 35-45 mins



Calorie Smart

These tandoori-style meatballs are truly the stars of this dish. They are packed with colour, and most importantly flavour and the kids can help you make them as well. We've paired these delights with a roast veggie toss, to keep the calories down and the flavour up!

Pantry items

Olive Oil, Egg, Brown Sugar, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
tandoori paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2396kJ (573Cal)	421kJ (101Cal)
Protein (g)	39.7g	7g
Fat, total (g)	25.9g	4.6g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	43.7g	7.7g
- sugars (g)	14.9g	2.6g
Sodium (mg)	896mg	157mg

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **zucchini** into bite-size chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide veggies between two trays.



Prep the meatballs

- While veggies are roasting, combine **beef mince**, the **egg**, and **fine breadcrumbs** in a medium bowl. Season with a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).



Stir in the sauces

- In the **last minute** of cook time, add the **tandoori paste**, the **brown sugar**, and the **water**, stirring until slightly thickened, **1 minute**.
- Remove pan from heat and stir through 1/2 the **Greek-style yoghurt**.



Bring it together

- When veggies are done, remove tray from oven, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Toss to combine.



Serve up

- Divide roasted veggies between plates.
- Top with tandoori-style meatballs. Dollop over remaining Greek-style yoghurt. Garnish with **flaked almonds**. Enjoy!

Little cooks: Take the lead by adding the garnish!

We're here to help!

Scan here if you have any questions or concerns



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