



American BBQ Beef Meatballs

with Sweet Potato Fries & Rainbow Salad

Grab your Meal Kit with this symbol



Sweet Potato



Sweetcorn



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



BBQ Sauce



Cherry Tomatoes



Mixed Salad Leaves

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Calorie Smart

These rissoles are bursting with the tried and true flavour of our All-American spice blend and tangy BBQ sauce. On the side, we've got a bright salad and wholesome oven-baked sweet potato fries for a splendid finish.

Pantry items

Olive Oil, Egg, 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
sweet potato	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
All-American spice blend	¾ sachet	1½ sachets
BBQ sauce	1 packet (40g)	1 packet (100g)
cherry tomatoes	1 punnet	2 punnets
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2484kJ (593Cal)	426kJ (101Cal)
Protein (g)	39.7g	6.8g
Fat, total (g)	23.5g	4g
- saturated (g)	7g	1.2g
Carbohydrate (g)	50.9g	8.7g
- sugars (g)	25.9g	4.4g
Sodium (mg)	897mg	154mg

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.



1. Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of salt and **pepper** and toss to coat. Bake on the top rack until tender, **20-25 minutes**.

TIP: Cut the sweet potato to size so it cooks in time. If your tray is getting crowded, spread the sweet potato across two trays.



2. Char the corn

While the fries are baking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



3. Make the meatballs

In a medium bowl, combine the **beef mince**, **egg**, **fine breadcrumbs** (see ingredients list), **All-American spice blend** (see ingredients list) and a **generous pinch** of salt. Using damp hands, shape a heaped spoonful of the beef mixture into a small meatball. Transfer to a plate. Repeat with the remaining beef mixture (you should get about 4-5 meatballs per person).



4. Cook the meatballs

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **meatballs** and cook until browned and cooked through, **8-10 minutes**. Remove the pan from the heat. Add the **BBQ sauce** and a **small splash** of **water** and toss to coat the **meatballs**, **30 seconds**.



5. Make the salad

While the meatballs are cooking, halve the **cherry tomatoes**. Add the **tomatoes** and **mixed salad leaves** to the bowl with the **corn**. Season to taste. Add the **white wine vinegar** and a **drizzle** of **olive oil** and toss to combine.



6. Serve up

Divide the sweet potato fries, American BBQ meatballs and rainbow salad between plates. Spoon over any BBQ sauce from the pan to serve.

Enjoy!