



# Beef and Blue Cheese Meatballs

With Roasted Aubergine and Basmati Rice

**CLASSIC** 30 Minutes • 1 of your 5 a day



Aubergine



Rosemary



Basmati Rice



Beef Mince



Panko Breadcrumbs



Blue Cheese



Chopped Tomatoes with Basil

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan and Large Frying Pan.

### 2|3|4 People-Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Rosemary	½ bunch	¾ bunch	1 bunch
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Panko Breadcrumbs <b>13</b> )	10g	15g	20g
Blue Cheese <b>7</b> )**	1 pot	2 pots	2 pots
Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	718g	100g
Energy (kJ/kcal)	2987 /714	416 /99
Fat (g)	24	3
Sat. Fat (g)	11	2
Carbohydrate (g)	81	11
Sugars (g)	16	2
Protein (g)	38	5
Salt (g)	2.62	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### Contact

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## 1. Prep Time

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces. Pick the **rosemary leaves** from their stalks, finely chop (discard the stalks). Pop the **aubergine** onto a baking tray, drizzle with **oil** and sprinkle on **half the rosemary** and a good pinch of **salt**. Toss to coat. Roast on the top shelf of the oven until soft and golden, 20-25 mins, turning halfway.



## 4. Cook the Meatballs

Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **meatballs** and brown all over, 3-4 mins, turning frequently. Lower the heat and add the **chopped tomatoes with basil**. Cover the pan with a lid or foil and simmer until the **meatballs** are cooked through, 7-8 mins stirring halfway. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



## 2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 5. Finish Off

When the **meatballs** are cooked, remove the lid and if needed, simmer until the **sauce** has thickened slightly, 2-3 mins. Stir in the **aubergine** when it is cooked and get ready to serve!



## 3. Make the Meatballs

Pop the **beef mince** into a mixing bowl and season with **salt** and **pepper**. Add the **panko breadcrumbs**, **crumbled blue cheese**, the remaining **rosemary** and 1tbsp of **water** per person. Mix well and then shape the mixture into 4 even-sized balls per person. **TIP:** *Make sure the meatballs are well formed by rolling them in the palm of your hand.* This will make sure they don't fall apart. **IMPORTANT:** *Wash your hands after handling raw meat.*



## 6. Serve

Fluff the **rice** up with a fork and share between your plates. Top with the **meatballs** and then the **sauce**.

**Tuck in!**