



Cheesy Lamb Meatball Bake

with Fries & Mixed Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Brown Onion



Carrot



Lamb Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Tomato Paste



Crushed & Sieved Tomatoes



Italian Herbs



Beef-Style Stock Powder



Shredded Cheddar Cheese



Mixed Salad Leaves

Hands-on: **35-45 mins**
Ready in: **50-60 mins**

The trick to keeping these lamb meatballs succulent and moist is a fabulous sauce, and once you've mastered how to perfectly balance the flavours in yours you'll never look back.

Pantry items

Olive Oil, Egg, Balsamic 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 · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
brown onion	½	1
carrot	1	2
lamb mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
egg*	1	2
tomato paste	1 packet	2 packets
crushed & sieved tomatoes	½ tin	1 tin
water*	½ cup	1 cup
Italian herbs	½ sachet	1 sachet
beef-style stock powder	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2690kJ (642Cal)	397kJ (95Cal)
Protein (g)	47.0g	6.9g
Fat, total (g)	20.9g	3.1g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	60.8g	9.0g
- sugars (g)	16.8g	2.5g
Sodium (mg)	1590mg	235mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time!



4. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**, if needed. Add the **onion** and **carrot** and cook, stirring regularly, until softened, **4-5 minutes**. Add the **tomato paste** and the **remaining garlic** and cook until fragrant, **30 seconds**. Add the **crushed & sieved tomatoes** (see ingredients list), **water**, **Italian herbs** (see ingredients list) and **beef-style stock powder**. Bring to the boil, then reduce the heat to medium-low and simmer until slightly thickened, **3-4 minutes**. Season to taste.

TIP: If the sauce is too thick, stir through a dash more water.



2. Get prepped

Finely chop the **garlic**. Thinly slice the **brown onion** (see ingredients list). Grate the **carrot** (unpeeled). In a medium bowl, combine the **lamb mince**, **fine breadcrumbs**, **garlic & herb seasoning**, **egg** and **1/2 the garlic**. Using damp hands, take a heaped spoonful of lamb **mixture** and shape into a small **meatball**. Transfer to a plate and repeat with **remaining mixture**. You should get about 4 meatballs per person.



5. Bake the meatballs

Pour the **sauce** over the **meatballs** in the baking dish, then sprinkle over the **shredded Cheddar cheese**. Bake until the meatballs are cooked through and the cheese has melted, **8-10 minutes**. While the meatballs are baking, combine a **drizzle** of **olive oil** and the **balsamic vinegar** in a medium bowl. Add the **mixed salad leaves** and toss to coat.



3. Cook the meatballs

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **meatballs** and cook, turning, until browned, **4-5 minutes**. Transfer to a medium baking dish.

TIP: The meatballs will finish cooking in step 5!



6. Serve up

Divide the cheesy lamb meatball bake, fries and mixed salad between plates.

Enjoy!