



# Cheesy Lamb Meatballs & Tomato Sauce

with Cauli-Potato Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Silverbeet



Garlic



Lamb Mince



Shredded Cheddar Cheese



Tomato Paste



Italian Herbs

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

Carb Smart

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

### 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
potato	1	2
butter* (for the mash)	20g	40g
carrot	1	2
silverbeet	1 bag	1 bag
garlic	3 cloves	6 cloves
lamb mince	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
salt*	¼ tsp	½ tsp
tomato paste	1 packet	2 packets
Italian herbs	1 sachet	1 sachet
water*	½ cup	1 cup
butter* (for the sauce)	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2652kJ (634Cal)	512kJ (122Cal)
Protein (g)	37.9g	7.3g
Fat, total (g)	40.3g	7.8g
- saturated (g)	20.2g	3.9g
Carbohydrate (g)	29.2g	5.6g
- sugars (g)	10.7g	2.1g
Sodium (mg)	1213mg	234mg
Dietary Fibre (g)	4.5g	0.9g

The quantities provided above are averages only.

## Allergens

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

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



## 1 Make the cauli-potato mash

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

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



## 2 Get prepped

While the mash is cooking, thinly slice the **carrot** into sticks. Roughly chop the **silverbeet**. Finely chop the **garlic**.



## 3 Make the meatballs

In a medium bowl, combine the **lamb mince**, **shredded Cheddar cheese**, the **salt** and 1/2 the **garlic**. Using damp hands, roll heaped spoonfuls of the **lamb mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



## 4 Cook the garlic veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until tender, **2-3 minutes**. Add the **silverbeet** and the remaining **garlic** and cook until slightly wilted, **1-2 minutes**. Season to taste. Transfer to a bowl.



## 5 Cook the meatballs

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Transfer to a bowl. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **tomato paste** and **Italian herbs** until fragrant, **1 minute**. Add the **water** and **butter (for the sauce)** and simmer until slightly thickened, **1-2 minutes**. Return the **meatballs** to the pan and toss to coat. Season to taste.



## 6 Serve up

Divide the cauli-potato mash and garlic veggies between plates. Top with the cheesy lamb meatballs. Spoon any remaining sauce from the pan over the meatballs to serve.

## Enjoy!