



MIDDLE EASTERN BEEF MEATBALLS

with Honey-Roasted Pumpkin & Coriander Yoghurt



Add honey to pumpkin to bring out the sweetness



Carrot



Garlic



Coriander



Peeled & Chopped Pumpkin



Pine Nuts



Greek Yoghurt



Beef Mince



Fine Breadcrumbs



Souk Market Spice Blend



Mixed Salad Leaves

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

Roll up to a tasty dinner with these easy meatballs infused with mild Middle Eastern spices. With colourful side dishes and a creamy yoghurt sauce, this is a tasty and well-rounded meal!

Pantry Staples: Olive Oil, Honey, Egg, Vinegar
(White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Finely chop the **coriander**. **TIP:** *Cut the carrots to the correct size so they cook in the allocated time.*



2 ROAST THE VEGGIES

Place the **peeled & chopped pumpkin** and the **carrot** on an oven tray lined with baking paper with a **drizzle of olive oil** and a pinch of **salt** and **pepper**. Toss to coat then roast for **20-25 minutes**, or until almost tender. Remove the tray from the oven, **drizzle** the pumpkin and carrot with the **honey** and turn to coat. Return to the oven and roast for a further **5 minutes**, or until tender and caramelised.



3 MAKE THE CORIANDER YOGHURT

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a plate. Return the pan to a medium-high heat with **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and **1/2 the garlic**. Cook for **30 seconds**, or until fragrant, then transfer to a medium bowl. Add the **Greek yoghurt**, **coriander** (reserve some for garnish) and a **good pinch of salt and pepper** to the garlic oil. Whisk to combine.



4 MAKE THE MEATBALLS

In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, **egg**, **Souk Market spice blend**, the **salt** and the **remaining garlic**. Using damp hands, take 1 heaped tbs of the beef mixture and shape into a meatball. Set aside on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



5 COOK THE MEATBALLS

Return the frying pan to medium-high heat with a **drizzle of olive oil**. Add the **meatballs** and cook for **8-10 minutes**, turning regularly or until browned and cooked through. In a medium bowl, combine the **vinegar** with **olive oil (2 tsp for 2 people / 1 tbs for 4 people)**. Season with **salt and pepper** and mix well. Add the **mixed salad leaves** to the bowl with the dressing and toss to coat. **TIP:** *Dress the salad just before serving to keep the leaves crisp.*



6 SERVE UP

Divide the honey-roasted pumpkin and carrot, Middle Eastern meatballs and salad between plates. Serve the coriander yoghurt on the side. Garnish with the pine nuts and any reserved coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	2	4
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
peeled & chopped pumpkin	1 packet (200 g)	1 packet (400 g)
honey*	2 tsp	1 tbs
pine nuts	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
beef mince	1 small packet	1 large packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
Souk Market spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
vinegar* (white wine or red wine)	1 tsp	2 tsp
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (620Cal)	461kJ (110Cal)
Protein (g)	43.6g	7.7g
Fat, total (g)	31.6g	5.6g
- saturated (g)	8.8g	1.6g
Carbohydrate (g)	36.2g	6.4g
- sugars (g)	22.7g	4.0g
Sodium (g)	878mg	156mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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