

Cheesy Pesto Venison & Beef Meatballs

with Veggie-Loaded Tomato Sauce & Creamy Mash

Grab your Meal Kit with this symbol



Potato



Garlic



Venison & Beef Mince



Fine Breadcrumbs



Basil Pesto



Grated Parmesan Cheese



Red Onion



Carrot



Baby Spinach Leaves



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes

 Hands-on: 30-40 mins
Ready in: 40-50 mins

Change what you know about meatballs by adding a dollop of pesto to your mixture for an easy way to add flavour and unbeatable texture. Served with a simple tomato sauce on top of creamy mash potato (and we haven't forgotten cheese!), this is an Italian-inspired bowl that all will love!

Pantry items

Olive Oil, Butter, Milk, Egg, Brown Sugar

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
potato	2	4
butter* (for the mash)	40g	80g
milk* (for the mash)	2½ tbs	½ cup
salt* (for the mash)	¼ tsp	½ tsp
garlic	3 cloves	6 cloves
venison & beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
salt* (for the beef)	¼ tsp	½ tsp
egg*	1	2
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
red onion	1 (medium)	1 (large)
carrot	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic & herb seasoning	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
water* butter* (for the sauce)	½ cup 20g	¾ cup 40g
brown sugar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4491kJ (1073Cal)	518kJ (123Cal)
Protein (g)	46.7g	5.4g
Fat, total (g)	73.2g	8.4g
- saturated (g)	31.5g	3.6g
Carbohydrate (g)	58.6g	6.8g
- sugars (g)	13.6g	1.6g
Sodium (mg)	1605mg	185mg

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.

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Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **butter (for the mash)**, **milk** and **salt (for the mash)** and mash with a potato masher or fork until smooth. Cover to keep warm.



Start the sauce

While the meatballs are cooking, finely chop the **red onion**. Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Return the frying pan to a medium-high heat with a small drizzle of **olive oil**. Cook the **onion** and **carrot** until softened, **5-7 minutes**. Add the **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.



Make the meatballs

While the potato is cooking, finely chop the **garlic**. In a large bowl, combine the **venison & beef mince**, **fine breadcrumbs**, **salt (for the beef)**, **egg**, **basil pesto**, 1/2 the **garlic** and 1/2 the **grated Parmesan cheese**. Using damp hands, take a heaped spoonful of the **mixture** and gently shape into a small meatball. Transfer to a plate and repeat with the remaining **mixture**. You should get 4-6 meatballs per person.

TIP: The pesto makes these meatballs extra tender but also delicate, so handle them carefully!



Finish the sauce

Add the **crushed & sieved tomatoes** and the **water**, then return the **meatballs** to the pan. Bring to the boil, then reduce the heat to medium and simmer until the sauce has thickened, **3-5 minutes**. Add **butter (for the sauce)** and **brown sugar** and stir until melted, **2 minutes**. Stir through the **baby spinach**. Season to taste.

TIP: If the sauce is too thick, add a dash more water to loosen.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



Serve up

Divide the creamy mash between bowls. Top with the cheesy venison and beef meatballs and tomato sauce. Sprinkle over the remaining Parmesan cheese.

Enjoy!