



Carb Smart Meatballs and Chickpeas with Spinach and Tomato Salad

Carb Smart 30 Minutes



-  Ground Beef
-  Baby Spinach
-  Baby Tomatoes
-  Red Onion
-  Balsamic Glaze
-  Chickpeas
-  Italian Seasoning
-  Garlic Salt
-  Tomato Sauce Base
-  Carrot

HELLO CHICKPEAS

High in fibre, low in carbs and perfect in place of a classic starch!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, 2 large bowls, parchment paper, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Onion	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Chickpeas	398 ml	796 ml
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Tomato Sauce Base	1 tbsp	2 tbsp
Carrot	85 g	170 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Halve **tomatoes**. Peel, then grate **half the carrot** (whole carrot for 4 ppl). Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



Form meatballs

Add **beef**, **half the Italian Seasoning**, **half the garlic salt** and **half the tomato sauce base** to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Roast meatballs

Arrange **meatballs** on a parchment-lined baking sheet. Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Cook chickpeas

While **meatballs** roast, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **remaining Italian Seasoning**, **remaining garlic salt** and **remaining tomato sauce base**. Cook, stirring often, until fragrant, 1 min. Add **chickpeas**, including **liquid**. Season with **pepper**. Bring to a simmer. Cook, stirring occasionally, until **liquid** thickens slightly, 4-6 min.



Make salad

While **chickpeas** cook, add **half the balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) to another large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes**, **carrots** and **spinach**, then toss to combine.



Finish and serve

Divide **chickpeas** and **meatballs** between bowls. Drizzle **remaining balsamic glaze** over top. Serve **salad** alongside.

Dinner Solved!