



Beef Meatballs in Onion & Redcurrant Sauce with Cheesy Mash and Tenderstem® Broccoli

25

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Italian Style Herbs



Panko Breadcrumbs



Beef Mince



Red Onion



Mature Cheddar Cheese



Tenderstem® Broccoli



Red Wine Stock Paste



Redcurrant Jelly

Pantry Item
Salt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, colander, bowl, baking tray, grater and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	10g	18g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Salt for the Meatballs*	¼ tsp	½ tsp	½ tsp
Red Onion**	½	1	1
Mature Cheddar Cheese** 7)	30g	45g	60g
Tenderstem® Broccoli**	150g	200g	300g
Water for the Sauce*	100ml	150ml	200ml
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Redcurrant Jelly	25g	37g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	2538 /607	513 /123
Fat (g)	26	5
Sat. Fat (g)	12	2
Carbohydrate (g)	59	12
Sugars (g)	14	3
Protein (g)	36	7
Salt (g)	3.03	0.61

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Potatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. When cooked, drain in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



Mash Time

While the **onion** cooks, grate the **cheese**. Add a knob of **butter** and a splash of **milk** (if you have any) to the **cooked potatoes** and mash until smooth. Stir in the **grated cheese**, then season to taste with **salt** and **pepper**. Cover with a lid to keep warm and set aside. Halve any thick **broccoli stems** lengthways. Bring another saucepan of **water** with ½ **tsp salt** to the boil on high heat for the **broccoli**.

Scan to get your exact PersonalPoints™ value



Make the Meatballs

While the **potatoes** cook, put the **Italian style herbs** and **panko breadcrumbs** into a large bowl. Add the **water for the breadcrumbs** (see ingredients for amount) and mix together. Add the **beef mince**, then season with the **salt for the meatballs** (see ingredients for amount) and **pepper**. Using your hands, mix everything together until well combined. Shape the **mixture** into evenly sized balls (5 per person). **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Simmer the Sauce

When the **onion** has softened, stir in the **water for the sauce** (see ingredients for amount), **red wine stock paste** and **redcurrant jelly**. Bring to the boil, then lower the heat and simmer until slightly reduced, 7-8 mins. Meanwhile, add the **broccoli** to the pan of **boiling water** and cook until just tender, 3-5 mins. Once cooked, drain in a colander, drizzle with a little **oil** and season with **salt** and **pepper**.



Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray and drizzle with **oil**. Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The **meatballs** are cooked when no longer pink in the middle. Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat. Halve, peel and thinly slice the **red onion**. Once the **oil** is hot, add the **onion** and cook until softened, 4-5 mins, stirring occasionally.



Finish and Serve

Once the **sauce** has reduced, remove from the heat. Share the **meatballs** and **cheesy mash** between your plates (reheat first if needed). Spoon over the **onion and redcurrant sauce**, then serve with the **broccoli** alongside.

Enjoy!