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Lamb & Rosemary Meatballs with Horseradish Mash

All the hard work is already done for you with our bespoke lamb, garlic and rosemary meatball mix - and it makes for a very special flavour indeed. To keep up, we've infused this potato mash with fiery horseradish cream, and added some sweet and spicy tomato chutney (no ordinary tomato sauce here!).



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



high
protein



gluten
free

Pantry Items



Butter



Potatoes



Horseradish Cream



Garlic & Rosemary
Meatball Mix



Baby Spinach



Tomato Chutney

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2P

500 g

1 tbs

2 tsp

300 g

½ bag

2 tbs

4P

1 kg

2 tbs

1 tbs

600 g

1 bag

4 tbs

Ingredients

potatoes, peeled & cut into 2 cm pieces


horseradish cream

butter *

garlic & rosemary meatball mix

baby spinach, washed

tomato chutney

 Ingredient features in another recipe

* Pantry Items

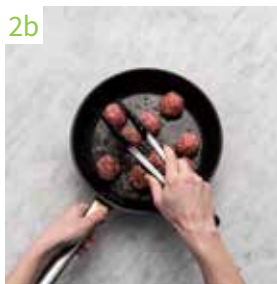
 Pre-preparation**Nutrition per serve**

Energy	2910	Kj
Protein	48.9	g
Fat, total	32.1	g
-saturated	14.4	g
Carbohydrate	49.4	g
-sugars	12.3	g
Sodium	1110	mg

2a

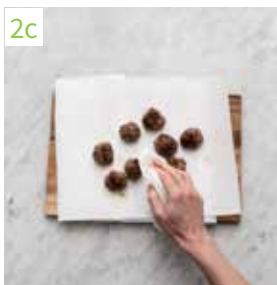
You will need: *chef's knife, chopping board, vegetable peeler, large saucepan, strainer, potato masher, medium frying pan, paper towel, aluminium foil, and tongs.*

1 Place the **potatoes** into a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **horseradish cream**, **butter** and a good season of **salt** and **pepper**. Mash with a potato masher or fork until smooth.

2b

2 Meanwhile, roll the **garlic & rosemary meatball mix** into tablespoon sized meatballs. Heat a medium frying pan over a medium-high heat. Add the meatballs and cook, turning, for **4-5 minutes** or until cooked through. Remove from the pan and place on the paper towel to drain a little of the fat. Cover with foil to keep warm.

3 Place the same frying pan back over a medium heat. Add the **baby spinach** and cook for **1 minute** or until wilted.

2c

4 To serve, divide the horseradish mash between plates. Top with the wilted spinach, followed by the meatballs. Serve with a generous dollop of the **tomato chutney**.

3

Did you know? The Ancient Greeks believed that horseradish was worth its weight in gold. In fact, according to mythology, the Delphic Oracle told Apollo just that!