



Beef Meatballs in Cajun Tomato Sauce with Cheesy Mash and Roasted Broccoli

Calorie Smart 25-30 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories

26



Potatoes



Mature Cheddar
Cheese



Garlic Clove



Broccoli Florets



Breadcrumbs



Beef Mince



Cajun Spice
Mix



Finely Chopped
Tomatoes



Chicken Stock
Paste

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	2	3	4
Broccoli Florets**	200g	300g	400g
Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	642g	100g
Energy (kJ/kcal)	2647 /633	412 /99
Fat (g)	27.0	4.2
Sat. Fat (g)	12.2	1.9
Carbohydrate (g)	59.4	9.2
Sugars (g)	10.1	1.6
Protein (g)	41.9	6.5
Salt (g)	2.96	0.46

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Bring on the Mash

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with ½ **tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Grate the **cheese**.

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and return to the pan, off the heat. Mash until smooth. Mix in **half** the **cheese** and season with **salt** and **pepper**. Cover with a lid to keep warm.



Ready, Steady, Bake

Pop the **meatballs** and **broccoli** onto a large baking tray. Drizzle the **broccoli** with **oil**.

Bake on the top shelf of your oven until the **meatballs** are browned and cooked through and the **broccoli** is crispy, 12-15 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



Get Prepped

While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press).

Halve any large **broccoli florets**.



Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**, **half** the **garlic** and **half** the **Cajun spice mix** (use less if you'd prefer things milder).

Season with **pepper** and mix together with your hands.

Roll into even-sized balls, 5 per person.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*



Cajun Sauce Time

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the remaining **garlic** and cook until fragrant, 30 secs.

Stir in the **chopped tomatoes** (see ingredients for amount), **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) and the remaining **Cajun spice mix**. Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 6-7 mins.

When the **meatballs** are cooked, stir them through the **sauce** and simmer for 2-3 mins more.



Serve

When everything's ready, share the **cheesy mash** between your plates.

Top with the **meatballs**, spooning over all the **tomato sauce** from the pan.

Serve the **roasted broccoli** alongside and finish with a sprinkling of the remaining **cheese**.

Enjoy!