



Beef Meatballs in Creamy Tomato Sauce

with Basmati Rice and Pesto Drizzle

Family 30-35 Minutes • 1 of your 5 a day

48



Bell Pepper



Garlic Clove



Breadcrumbs



British Beef Mince



Basmati Rice



Tomato Passata



Chicken Stock Paste



Creme Fraiche



Pesto

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.

Cooking tools

Garlic press, bowl, saucepan, lid, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	3	4	6
Breadcrumbs 13)	10g	25g	25g
British Beef Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Tomato Passata	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g
Pesto** 7)	32g	48g	64g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	75ml	100ml	150ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	640g	100g
Energy (kJ/kcal)	3391/810	530/127
Fat (g)	39.2	6.1
Sat. Fat (g)	17.5	2.7
Carbohydrate (g)	79.5	12.4
Sugars (g)	10.8	1.7
Protein (g)	38.1	5.9
Salt (g)	3.18	0.50

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



Time to Roast

While the **rice** cooks, pop the **meatballs** and **sliced pepper** onto a large baking tray and drizzle with **oil**.

TIP: Use two baking trays if needed.

Season the **peppers** with **salt** and **pepper**.

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



Make the Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince** and **half the garlic**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.

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



Make your Tomato Sauce

Heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the remaining **garlic** and cook for 30 secs, then pour in the **tomato passata** and **water for the sauce** (see pantry for amount).

Add the **chicken stock paste** and **sugar for the sauce** (see pantry for amount), bring to the boil and simmer until thickened, 8-10 mins.

Once the **peppers** and **meatballs** are cooked, add them to the **sauce** and stir to combine.

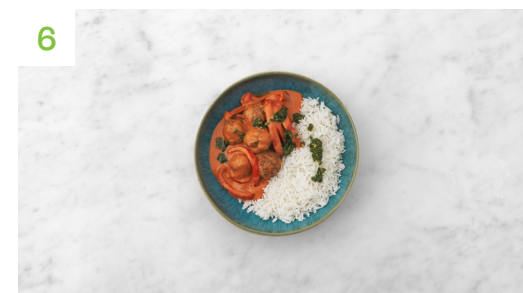


Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

Stir the **crema fraiche** into the **tomato sauce** and bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and share between your bowls.

Top with your **meatballs and tomato sauce** and drizzle over the **pesto** to finish.

Enjoy!