



Meatball Parmigiana Inspired Bake with Mash and Roasted Carrots

Classic 35-40 Minutes • 3 of your 5 a day

41



Carrot



Potatoes



Garlic Clove



Panko Breadcrumbs



Garlic Salt



Beef Mince



Tomato Passata



Mixed Herbs



Chicken Stock Paste



Mozzarella

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

Saucepan, baking tray, garlic press, bowl, ovenproof dish, kitchen paper, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Potatoes	450g	700g	900g
Garlic Clove**	3	5	6
Panko Breadcrumbs 13)	10g	15g	20g
Garlic Salt	½ sachet	¾ sachet	1 sachet
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Mozzarella** 7)	1 ball	1½ balls	2 balls
Pantry	2P	3P	4P
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2834 /677	414 /99
Fat (g)	29.9	4.4
Sat. Fat (g)	14.3	2.1
Carbohydrate (g)	64.4	9.4
Sugars (g)	18.7	2.7
Protein (g)	44.0	6.4
Salt (g)	2.72	0.40

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, 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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Roast the Carrots

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the middle shelf until tender, 20-25 mins. Turn halfway through.



Bring on the Mash

Meanwhile, drain the the **mozzarella** and squeeze as much liquid as you can out of it. Pat dry with kitchen paper, then tear into small pieces.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

When the **meatballs** and **carrots** are cooked, preheat your grill to high.



Boil the Potatoes

While the **carrots** roast, chop the **potatoes** into 2cm chunks (no need to peel).

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

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **garlic salt** and **water for the breadcrumbs** (see pantry for amount), 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.**



Grill your Parmigiana

Add a splash of **water** to the **tomato sauce** if it's a little too thick. Taste and season with more **sugar**, **salt** and **pepper** if needed.

Drain and discard any excess fat from the **meatballs**, then pour the **tomato sauce** into the baking dish to cover them.

Top with the torn **mozzarella** and pop under the grill until the **cheese** has melted and is bubbly, 5-8 mins.



Meatball Time

Pop the **meatballs** into a medium ovenproof dish. Bake on the top shelf 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. Once hot, add the **garlic** and cook for 30 secs.

Pour in the **passata**, **mixed herbs**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir together, bring to the boil, then reduce the heat slightly and simmer until thickened, 6-7 mins.



Serve Up

Share the **meatball parmigiana inspired bake** between your plates.

Serve the **mash** and **roasted carrots** alongside.

Enjoy!