



Beef Meatballs and Mashed Potato

with a rich spinach sauce

Family 40 – 45 mins

4



Beef Mince



Dried Thyme



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock



Parsley



Breadcrumbs



Potatoes



Pine Nuts

Pantry Items: Water, Oil, Salt, Pepper, Sugar, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Dried Thyme	1 sachet	2 sachets
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Baby Spinach	60 g	120 g
Worcester Sauce	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack
Potatoes	600 g	1200 g
Pine Nuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	634 g	100 g
Energy (kJ/kcal)	2846 kJ/ 680 kcal	449 kJ/ 107 kcal
Fat (g)	21.6 g	3.4 g
Sat. Fat (g)	8.7 g	1.4 g
Carbohydrate (g)	84.9 g	13.4 g
Sugars (g)	16.3 g	2.6 g
Protein (g)	33.7 g	5.3 g
Salt (g)	2.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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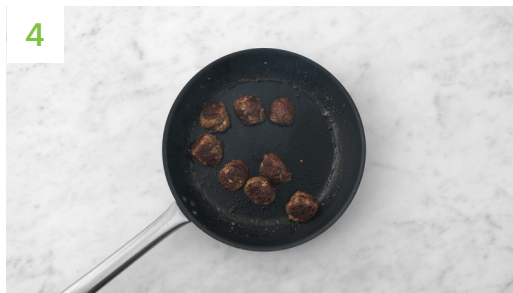


You can recycle me!



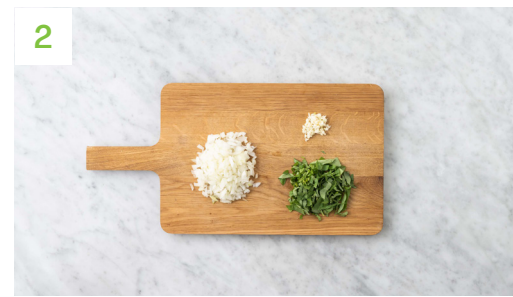
Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pan off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Fry the Meatballs

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef** meatballs until browned all over and cooked through, shifting frequently, 10-12 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.



Get Prepped

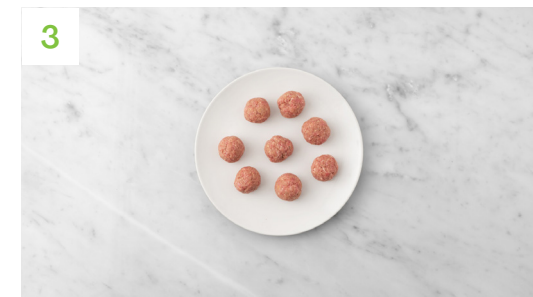
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Place a large pan over medium heat (no oil).
- Once hot, dry-fry the **pine nuts**, stirring regularly, until lightly toasted, 2-3 mins. Remove from the pan and set aside.

TIP: Watch them closely—they can burn easily.



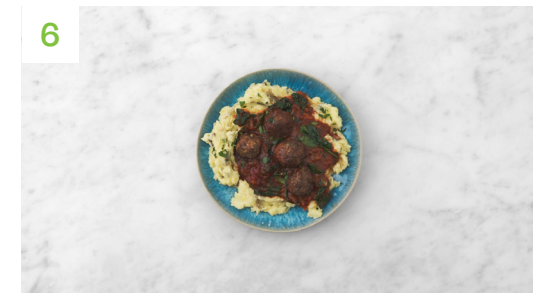
Simmer the Sauce

- Return the pan to medium-high heat, with a drizzle of **oil** if needed.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **stock powder**, **passata**, **Worcester sauce**, 1 tsp **sugar** and 50ml **water** (double both for 4p). Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach** and **half** the **parsley**. Add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



Form the Meatballs

- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** and ½ tsp **salt** (double both for 4p).
- Add the **beef mince** and the **dried thyme**.
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



Garnish and Serve

- Divide the creamy mashed **potato** between bowls
- Top with meatballs and **spinach** sauce.
- Garnish with a sprinkling of the remaining **parsley** and a scattering of toasted **pine nuts**.

Enjoy!