



# Cajun Spiced Beef Meatballs

with cheesy mash and roasted broccoli

Family 35 – 40 mins

4



Beef Mince



Potatoes



Grated Cheese



Garlic



Broccoli



Breadcrumbs



Passata



Cajun Spice Mix



Stock

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



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## 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

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

## Ingredients

	2P	4P
Beef Mince	240 g	480 g
Potatoes	600 g	1200 g
Grated Cheese	50 g	100 g
Garlic	2 units	4 units
Broccoli	1 unit	1 unit
Breadcrumbs	1 pack	1 pack
Passata	1 pack	2 packs
Cajun Spice Mix	2 sachets	4 sachets
Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>699.1 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3284.4 kJ/ 785 kcal	469.8 kJ/ 112.3 kcal
Fat (g)	29.1 g	4.2 g
Sat. Fat (g)	14.6 g	2.1 g
Carbohydrate (g)	88.3 g	12.6 g
Sugars (g)	15.7 g	2.2 g
Protein (g)	44 g	6.3 g
Salt (g)	3.8 g	0.5 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.

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## Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- 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 pot off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Add **half** the **cheese** and season with **salt** and **pepper**. Cover to keep warm.



## Bake the Meatballs

- Pop the meatballs and **broccoli** onto a lined baking tray.
- Drizzle the **broccoli** with **oil** then season with **salt** and **pepper**.
- Bake on the top shelf of the oven until the **broccoli** is crispy and the meatballs are browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



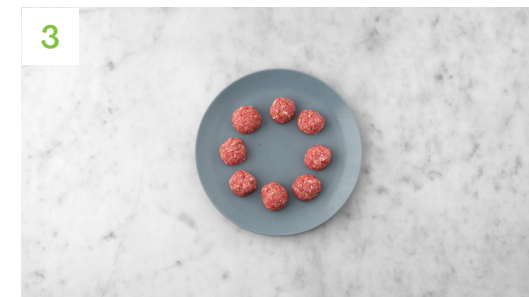
## Prep the Veg

- While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press).
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.



## Simmer the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the remaining **garlic** and **Cajun spice** and cook until fragrant, 30 secs.
- Stir in **passata**, **stock**, ½ tsp **sugar** and 100ml **water** (double both for 4p). Bring to the boil, lower the heat and simmer until thickened, 6-7 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** if the sauce is too thick.
- Add the cooked meatballs to the sauce and simmer for 2-3 mins.



## Shape the Meatballs

- In a large bowl, combine the **mince** with **half** the **Cajun spice**, **half** the **garlic** and the **breadcrumbs**.
- Add 2 tbsp **water** and ¼ tsp **salt** (double both for 4p).
- 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.



## Finish and Serve

- When everything's ready, share the cheesy mash between plates.
- Top with the meatballs, spooning over the sauce from the pan.
- Serve the roasted **broccoli** alongside.
- Finish with a sprinkling of the remaining **cheese**.

Enjoy!