



Mustard Meatballs in Creamy Herb Sauce

with cauliflower mash and veg

30 – 35 mins

9



Irish Beef Mince



Cauliflower



Courgette



Carrot



Garlic



Parsley



Creme Fraiche



Central American Style Spice Mix



Mustard



Baby Potatoes



Breadcrumbs



Irish Pork Mince



Irish Lamb Mince

Pantry Items: Salt, Pepper, Oil, Water, 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.

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

Cooking tools you will need

Colander, grater, pan with lid, potato masher

Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Cauliflower	300 g	600 g
Courgette	1 unit	2 units
Carrot	1 unit	2 units
Garlic	2 units	4 units
Parsley	5 g	10 g
Creme Fraiche	110 g	220 g
Central American Style Spice Mix	2 sachets	4 sachets
Mustard	½ sachet	1 sachet
Baby Potatoes	500 g	1000 g
Breadcrumbs	1 pack	1 pack
Irish Pork Mince	240 g	480 g
Irish Lamb Mince	240 g	480 g

Nutrition

		Recipe 1	Recipe 2
for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	401.3 kJ/ 95.9 kcal	379 kJ/ 91 kcal	411 kJ/ 98 kcal
Fat (g)	4.2 g	3.8 g	4.7 g
Sat. Fat (g)	2 g	1.7 g	2.3 g
Carbohydrate (g)	9.9 g	9.9 g	9.9 g
Sugars (g)	1.7 g	1.7 g	1.7 g
Protein (g)	4.8 g	4.7 g	4.5 g
Salt (g)	0.3 g	0.3 g	0.3 g

See site or app for detailed nutritional info.

Allergens

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

Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



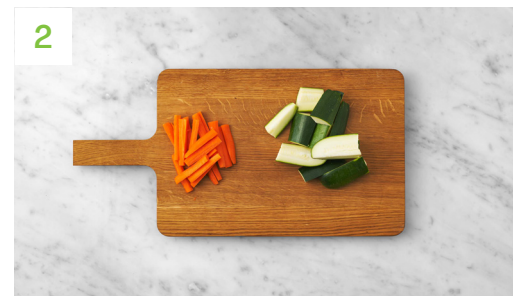
Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** in 2cm chunks.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets.
- Add the **potatoes** and **cauliflower** 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. Season with **salt** and **pepper**. Cover to keep warm.



Shape the Meatballs

- In a large bowl, combine the **mince**, **half a mustard sachet** (per 2P), **Central American spice**, **breadcrumbs**, 2 tbsp **water** (per 2P) and ¼ tsp **salt** (per 2P).
- 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.



Get Prepped

- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Trim the **courgette** and quarter lengthways. Cut each piece widthways into thirds to make batons.



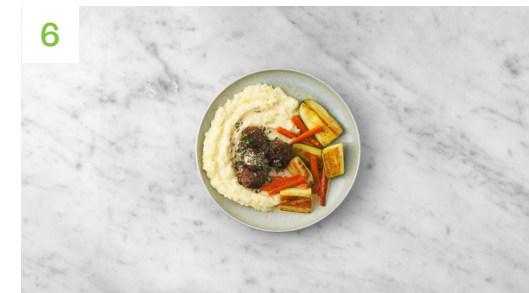
Make the Meatballs

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the meatballs and fry until browned all over, 5-6 mins.
- Stir in the **creme fraiche**, **parsley** and remaining **garlic**.
- Cover with a lid or foil and simmer until the meatballs are cooked, 6-7 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



Fry the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Add the **carrot** and **courgette** and fry until tender, 5-6 mins.
- Add **half** the **garlic** and fry for 30 secs.
- Season to taste with **salt** and **pepper**. Remove from the pan and cover to keep warm.



Finish and Serve

- Divide **cauliflower** mash and veg between plates.
- Top with **mustard** meatballs.
- Spoon over any sauce remaining in the pan.

Enjoy!

CUSTOM OPTIONS



IRISH PORK MINCE

Swapping to pork mince? Follow the recipe as written, replacing 'beef' with 'pork' where necessary.



IRISH LAMB MINCE

Swapping to lamb mince? Follow the recipe as written, replacing 'beef' with 'lamb' where necessary.