

Italian Meatballs

with Caponata Vegetables

hellóchef

If you love classic Italian flavours, this one's for you! It's packed with them.

Cals 1078 • Prot 54 • Carbs 44 • Fat 80

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| For meatballs | 2 ppl | 3 ppl | 4 ppl | |
|---------------------|-------|-------|-------|-------|
| Beef mince | 350 | 525 | 700 | Grams |
| Parmesan 4* | 45 | 60 | 90 | Grams |
| Fresh basil | 15 | 15 | 15 | Grams |
| Fresh parsley | 15 | 15 | 15 | Grams |
| Dijon mustard 13* | 6 | 9 | 12 | Grams |
| Salt | 1 | 1 | 2 | Tsp |
| Black pepper | 0.5 | 1 | 1 | Tsp |
| Olive oil | 2 | 3 | 4 | Tbsp |
| Organic Eggs 5* | 1 | 2 | 2 | Piece |
| Almond flour 1*, 2* | 40 | 60 | 80 | Grams |
| Shallots | 1 | 1 | 2 | Piece |
| Caponata | | | | |
| Eggplant | 1 | 2 | 2 | Piece |
| Red onion | 1 | 1 | 2 | Piece |
| Cherry tomatoes | 250 | 300 | 500 | Grams |
| Olive oil | 4 | 6 | 8 | Tbsp |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Tomato paste | 50 | 70 | 70 | Grams |
| Water | 100 | 150 | 200 | ML |
| Brown sugar | 5 | 5 | 10 | Grams |
| Green olives | 50 | 75 | 100 | Grams |
| Capers | 20 | 30 | 40 | Grams |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| To serve | | | | |
| Pine nuts 2* | 10 | 20 | 20 | Grams |

Allergens

*4 Milk, *13 Mustard, *5 Eggs, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 4509 / 1078 |
| Fat (g) | 80.1 |
| of which saturates (g) | 25.6 |
| Carbohydrate (g) | 44 |
| of which sugars (g) | 22.6 |
| Fiber (g) | 15.4 |
| Protein (g) | 53.5 |
| Salt (g) | 3.7 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make meatballs

Grate half of the **Parmesan**. Peel and chop the **shallots** very finely. Chop the **fresh basil** and **parsley**. Add the **beef mince**, **Parmesan**, half the **basil** and **parsley**, **eggs**, **almond flour**, **Dijon**, **shallots**, **salt** and **pepper** to a bowl. With clean hands, knead until tender. Shape into **meatballs**. Refrigerate.

Tip! Wet your hands when shaping the meatballs! This way the meat won't stick to them.



2 Prep

Chop the **eggplant** into small cubes. Peel and chop the **red onion**. Rinse the **cherry tomatoes**. Lightly toast the **pine nuts** in a hot dry pan. Set aside.



3 Fry vegetables

Heat a large pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **eggplant** and fry with a pinch of **salt** for 5 min. Add the **onion** and fry for 5-7 min further or until the **eggplant** has browned and softened. Don't hurry this step and don't skimp on the **oil**.



4 Simmer

Add the **cherry tomatoes**, **tomato paste**, **measured water**, **brown sugar**, **olives**, **capers** and **black pepper**. Cover with a lid and simmer over a low heat for 15 min. Once done, add the remaining **fresh basil** and **parsley**. Season with **salt** and **pepper** if needed.



5 Fry meatballs

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **meatballs** and fry for 5-6 min or until browned all over and cooked through.



6 Serve

Divide the **caponata** and **meatballs** among plates. Shave or grate the remaining **Parmesan** over the top. Sprinkle with the toasted **pine nuts**. Drizzle with good quality **olive oil** and finish with a grind of **black pepper**.