

# German Beef Meatballs

## with Creamy Potato Salad

hellóchef

In Germany this dish is traditionally eaten in summertime. The meatballs are often served cold the next day with mustard!

Cals 1152 • Prot 39 • Carbs 80 • Fat 76

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2964





Before you start

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

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Panko bread crumbs <b>10*</b> , <b>11*</b> , <b>12*</b>	20	40	40	Grams
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	10	20	20	ML
Water	30	60	60	ML
Fresh parsley	15	15	30	Grams
Onion powder	4	5	8	Grams
Organic Eggs <b>5*</b>	1	1	2	Piece
Garlic powder	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Dried oregano	2	2	4	Grams
Dijon mustard <b>13*</b>	6	9	12	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp
Salad				
New potatoes	500	750	1000	Grams
Salt	1	1	2	Tsp
Cucumber	1	2	2	Piece
Red radish	125	125	250	Grams
Fresh chives	15	15	30	Grams
Green apple	1	1	2	Piece
Mayonnaise <b>5*</b> , <b>9*</b> , <b>13*</b>	50	75	100	Grams
White balsamic vinegar <b>14*</b>	15	22	30	ML
Black pepper	0.5	0.5	1	Tsp

Allergens

**\*10 Wheat, \*11 Gluten, \*12 Lupin, \*9 Soya, \*5 Eggs, \*13 Mustard, \*14 Sulphur Dioxide**

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/koal)	4816 / 1152
Fat (g)	75.7
of which saturates (g)	23.8
Carbohydrate (g)	80
of which sugars (g)	15.1
Fiber (g)	10.6
Protein (g)	38.8
Salt (g)	2

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



1 Boil potatoes

Thoroughly wash the **potatoes** and chop them into bite size pieces - don't peel them! Cook them in a pot of heavily **salted** boiling water for 12-15 min or until tender. Once cooked, drain and leave them to cool for as long as possible in a colander.



2 Salt cucumber

Meanwhile, slice the **cucumber** finely. Place the slices in a colander, season with a generous pinch of **salt**. Place the colander in the sink until step 6.



3 Make meatballs

Meanwhile, place the **bread crumbs** and **soy sauce** in a bowl with the **measured water**. Finely chop the **parsley**. Add the **onion powder, parsley, oregano, eggs, garlic powder, beef mince, smoked paprika** and **Dijon** to the bowl. Season with **salt** and **pepper** and knead until fully combined. Shape the mixture into {6/9/12} flat **meatballs**. Refrigerate.

**Tip!** Not got a precise measuring jug to hand? Use a spoon measurement instead: 1 tbsp consists of 15 ml.



4 Prep

Slice the **radish** finely. Finely chop the **chives** and **apple**. Combine the **mayonnaise, vinegar, radish, apple chives, salt** and **pepper** in a large bowl. Set aside.



5 Fry meatballs

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 4 min or until starting to brown all over. Cover with a lid, reduce the heat and cook for 5 min further until cooked through.



6 Serve

Squeeze the salted **cucumbers** to release as much water as possible. Add the cooled **potatoes** and **cucumbers** to the bowl. Season generously with **salt** and **pepper** and toss. Serve the **potato salad** alongside the **meatballs**.

**Tip!** Make the potato salad in advance. Once the potatoes are fully cool, assemble the salad and refrigerate for as long as possible. Serve at room temperature.