

Beef Meatballs and Cauli Mash

with Gravy and Green Beans

hellóchef

In this recipe we've replaced mash potato with its low carb cousin - cauliflower mash!
Enjoy.

Cals 992 • Prot 39 • Carbs 35 • Fat 77

hellochef.com • 04-825-44-00 • hello@hellochef.com



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
Red onion	1	1	1	Piece
Organic Eggs 5*	1	2	2	Piece
Tamari 9*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Vegetable oil	1	2	2	Tbsp
Mash				
Cauliflower	400	600	800	Grams
Cream cheese 4*	80	120	160	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Gravy				
Water	100	100	200	ML
Cooking cream 4*	100	200	200	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Onion marmalade	28	28	56	Grams
Black pepper	0.5	0.5	1	Tsp
Green beans				
Green beans	150	250	375	Grams
Salt	0.5	0.5	1	Tsp
Fresh parsley	15	15	15	Grams

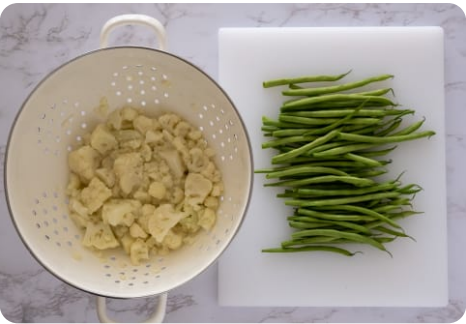
Allergens

***5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *6 Fish, *11 Gluten**

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)	4145 / 992
Fat (g)	76.9
of which saturates (g)	35.1
Carbohydrate (g)	35
of which sugars (g)	22.9
Fiber (g)	7.7
Protein (g)	38.7
Salt (g)	2.5

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



1 Prep

Trim the **green beans**. Chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft.



2 Make meatballs

Meanwhile, peel and finely chop the **onions**. Add the **beef mince, onions, eggs, tamari** and **Dijon** to a large mixing bowl. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into {10/15/20} pieces and shape each piece into a **meatball**.

Tip! If you want to go the extra mile, before adding the onions to the mince, fry them for 5 min until softened.



3 Fry meatballs

Heat a large non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and cook for 6 min or until browned and cooked through. Transfer to a plate and reserve the pan (no need to wash it!).



4 Make mash

Meanwhile, once soft, drain the cooked **cauliflower** and add it to a food processor with the **cream cheese**. Blitz until smooth. Season well with **salt** and **pepper**. Keep covered until serving.

Tip! This mash needs a lot of seasoning; make sure to taste as you go.



5 Make gravy

Return the reserved pan to a medium heat. Add the **measured water, cooking cream, Worcestershire sauce** and **onion marmalade**. Season with a pinch of **pepper**. Simmer for 4 min or until thickened. Return the **meatballs** to the pan with the **gravy** for 1 final min or until warmed through.



6 Serve

Meanwhile, add the **green beans** to a pot of salted boiling water and cook for 3-4 min or until tender. Drain. Plate the **cauliflower mash** and top with the **gravy** and **meatballs**. Serve the **green beans** to the side and top with the **fresh parsley**.