

German Style Meatballs

with Braised Red Cabbage, New Potatoes and Gravy

hellóchef

Bringing the warming flavours of winter to your plate with this delicious dish!

Cals 1417 • Prot 50 • Carbs 119 • Fat 84

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

🕒 cook: 40 min

R3554



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
Shallots	1	1	2	Piece
Fresh breadorumbs 4* , 10*	20	30	40	Grams
Organic Eggs 5*	1	2	2	Piece
Dijon mustard 13*	6	9	12	Grams
Tamari 9*	15	22	30	ML
Garlic powder	2	2	4	Grams
Vegetable oil	1	2	2	Tbsp
Gravy				
Butter 4*	10	20	20	Grams
Plain flour 10* , 11*	20	30	40	Grams
Low fat milk 4*	400	600	800	ML
Chicken stock cube 4* , 5* , 9* , 15*	0.5	0.5	1	Piece
Worcestershire sauce 6* , 11*	15	22	30	ML
Potatoes				
New potatoes	500	750	1000	Grams
Fresh parsley	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Cabbage				
Red cabbage	450	600	900	Grams
Butter 4*	50	50	100	Grams
Cranberry sauce	50	50	100	Grams
Balsamic vinegar 14*	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Water	100	150	200	ML
Star anise	2	2	2	Piece
Cinnamon stick	1	1	2	Piece

Allergens

***4 Milk, *10 Wheat, *5 Eggs, *13 Mustard, *9 Soya, *11 Gluten, *15 Celery, *6 Fish, *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/kcal)	5909 / 1417
Fat (g)	84
of which saturates (g)	38.3
Carbohydrate (g)	119
of which sugars (g)	37.3
Fiber (g)	14
Protein (g)	49.8
Salt (g)	4.2

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



1 Red cabbage

Finely slice the **red cabbage**. Discard the stem. Heat a large pot over a medium heat with the large **butter**, **cranberry sauce**, **balsamic vinegar** and a pinch of **salt**. Once hot, add the **red cabbage**, **measured water** {1/1/2} **star anise** and the **cinnamon stick**. Simmer, covered, for 15 min. After 15 min, remove the lid and cook for 5 min further or until all the liquid has evaporated. Set aside and keep warm.



4 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. Once browned, transfer the **meatballs** to a plate. Reserve the pan. Meanwhile, finely chop the **parsley**.



2 Boil potatoes

Meanwhile, chop the **potatoes** in half. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15–20 min until tender. Once tender, drain and add them to a bowl.



5 Make gravy

Return the pan to medium heat. Add the remaining **butter** and the **flour** to the pan juices. Gradually whisk in the **milk**. Cook for 2–3 min until thickened. Once thickened, add the {0.5/0.5/1} **stock cube** and the **Worcestershire sauce**.



3 Make meatballs

Meanwhile, place the **beef mince** in a second large bowl. Peel and grate the **shallots**. Add the **beef mince**, **fresh breadcrumbs**, **shallots**, **eggs**, **Dijon mustard**, **tamari** and **garlic powder** to the bowl. With clean hands, knead the mixture well until soft and fully combined. Shape into small **meatballs**.

Tip! Fry the shallots before adding them to the meatball mixture.



6 Serve

Top the **potatoes** with the **parsley** and a pinch of **salt**. Toss. Serve the **meatballs** with the **red cabbage** and **new potatoes** alongside. Pour the **gravy** over the top.