



Succulent Balsamic Lamb Meatballs

with Figgy Mint Sauce

Discovery

40 Minutes



Ground Lamb



Balsamic Glaze



Russet Potato



Green Beans



Green Peas



Mint



Panko Breadcrumbs



White Wine Vinegar



Garlic, cloves



Shallot



Sour Cream



Fig Spread

HELLO ENGLISH MINT SAUCE

A vinegary mint sauce served over lamb to help balance out the rich flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, small pot, large pot, large non-stick pan, small bowl

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Balsamic Glaze	2 tbsp	4 tbsp
Russet Potato	460 g	920 g
Green Beans	170 g	340 g
Green Peas	56 g	113 g
Mint	7 g	7 g
Panko Breadcrumbs	¼ cup	½ cup
White Wine Vinegar	2 tbsp	4 tbsp
Garlic, cloves	2	4
Shallot	50 g	100 g
Sour Cream	6 tbsp	12 tbsp
Fig Spread*	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Make figgy mint sauce

Pick **mint leaves** from stems, then roughly chop. Peel, then mince or grate **garlic**. Peel, then finely chop **shallot**. Heat a small pot over medium heat. When hot, add **vinegar**, **fig spread**, **mint**, **half the shallots** and **1 tbsp water** (dbl for 4 ppl). Cook, stirring often, until **water** dissolves, 1 min. Transfer **figgy mint sauce** to a small bowl. Set aside to cool.



Cook veggies

While **meatballs** bake, trim **green beans**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **green beans**, **peas** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**.



Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) and **sour cream** into **potatoes** until smooth. Season with **salt** and **pepper**.



Form and bake meatballs

While **potatoes** cook, add **lamb**, **panko**, **balsamic glaze**, **garlic** and **remaining shallots** to a large bowl. Season with **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl), then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **lamb mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min. **



Finish and serve

Divide **mashed potatoes**, **balsamic lamb meatballs** and **veggies** between plates. Spoon **mint sauce** over **meatballs**.

Dinner Solved!