



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sun-dried Tomatoes

Used originally as a way to preserve tomatoes for use through the winter months, sun-dried tomatoes are now an everyday ingredient. Loved for their intense flavour they can be used in many ways.



3 Homemade Meatballs with Potato Hash

Pan-fried beef meatballs finished in a creamy sun-dried tomato and sour cream sauce.
Served with crispy mixed potato hash and salad.



35 minutes



2 servings



Beef

17 September 2021

Make a mash

Boil your potatoes and mash with the sour cream. Stir through the thyme leaves to taste. Add the chopped sun-dried tomatoes into the meatballs.

FROM YOUR BOX

MIXED POTATOES	500g
THYME	1/2 packet *
BEEF MINCE	300g
GARLIC CLOVE	1
COLESLAW	1/2 bag (250g) *
PEAR	1
SUN-DRIED TOMATOES	1/2 packet *
SOUR CREAM	1/4 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, Italian herbs (or other dried herb), vinegar (of choice), honey

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have Italian herbs substitute with dried (or fresh) oregano, thyme or rosemary.

Add some mayonnaise or yoghurt to the coleslaw for a creamy finish.

Use a stick mixer and blend the sun-dried tomatoes for a smooth sauce.

No beef option – beef mince is replaced with chicken mince. Add 1 tbsp oil to pan at step 3.



1. COOK THE POTATOES

Set the oven to 220°C.

Dice potatoes into 2cm pieces. Pick thyme leaves to yield 1-2 tsp. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 20-25 minutes until golden and tender.



2. MAKE THE MEATBALLS

Combine beef mince with crushed garlic, **1/2 tsp Italian herbs, salt and pepper**. Mix well and form meatballs using a 1/4 cup measurement and **oiled** hands.



3. COOK THE MEATBALLS

Heat a frypan over medium-high heat. Add meatballs and cook, turning, for 6-8 minutes or until browned, see step 5.



4. PREPARE THE SALAD

Toss coleslaw with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes). Arrange on a plate with sliced pear.



5. MAKE THE SAUCE

Chop sun-dried tomatoes (see notes) and add to the pan with meatballs along with **1 cup water**. Simmer for 2-3 minutes. Remove from heat and add sour cream, mix well. Season to taste with **1 tsp honey, salt and pepper**.



6. FINISH AND SERVE

Serve meatballs with potatoes and salad. Spoon over sauce to taste.

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