



### Product Spotlight: Butternut Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.



## G4 Beef Meatballs with Onion Gravy and Pumpkin Mash

A warm and comforting meal of homemade beef meatballs, served over vibrant mashed pumpkin with a rich onion gravy and fresh salad.

 30 minutes

 4 servings

 Beef

3 June 2022

## Switch it up!

*Instead of making mash, roast the pumpkin. Set oven to 220°C. Wedge pumpkin and toss on a lined oven tray with oil, 1 tsp nutmeg, salt and pepper. Roast for 20 minutes until tender.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 30g **CARBOHYDRATES** 51g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SWEET POTATO	300g
RED ONION	1
BEEF MINCE	600g
SEEDED MUSTARD	2 jars
AVOCADO	1
MIXED SALAD	1 bag

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground nutmeg, cornflour, apple cider vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Remove skin from vegetables if desired. We like to keep it on for the added nutritional benefits. Removing the skin will give you a smoother, creamier mash.

Substitute olive oil for butter or milk in the mash. Substitute nutmeg for ground paprika if desired.



### 1. BOIL THE VEGETABLES

Roughly dice pumpkin and sweet potato (see notes). Add to a saucepan and cover with water. Bring to a boil and simmer for 10–15 minutes until pumpkin is tender. Drain pumpkin and return to pan.



### 4. MASH THE PUMPKIN

Mash pumpkin with **1 tsp nutmeg** and **2 tbsp olive oil** (see notes) to desired consistency. Season with **salt and pepper**.



### 2. CAMELISE THE ONION

Heat a large frypan with **3 tbsp oil** over medium heat. Peel and slice onion, add to pan and cook for 5 minutes.



### 5. FINISH THE GRAVY

Whisk together mustard, **2 cups water** and **1 tbsp cornflour**. Remove meatballs from frypan. Pour mustard mix into pan with onion. Simmer for 5 minutes until thickened. Season with **salt and pepper**.



### 3. MAKE THE MEATBALLS

Season mince with **salt and pepper**. Roll into 1 tbsp balls. Increase frypan heat to medium-high and add meatballs. Cook for 8–10 minutes, turning, until cooked through.



### 6. FINISH AND SERVE

Dive avocado and toss in a large bowl with mixed salad and **2 tsp vinegar**.

Divide mash among plates. Top with meatballs and pour over onion gravy. Serve with mixed salad.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

