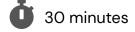




Beef Meatballs with Onion Gravy and Pumpkin Mash

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





4 servings



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.

37g 30g

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.



2. CARAMELISE 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.



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.



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.



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.**



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.



