

X4



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Beef Meatballs

with Wedges

Juicy beef meatballs seasoned your way, served with golden sweet potato wedges and a fresh, crisp salad.



35 minutes



4 servings



Beef

FROM YOUR BOX

SWEET POTATOES	800g
GEM LETTUCE	3-pack
TOMATO	1
CARROT	1
BEEF MINCE	600g
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can switch up the meal and use the beef meatballs in a sandwich or wrap. Stuff them into crusty bread or flatbreads with extra salad and a drizzle of aioli.

1. ROAST THE SWEET POTATO WEDGES

Set oven to 220°C. Cut **sweet potatoes** into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

TIP *You can cook the wedges in an air fryer for a faster option or mash the sweet potato instead.*

2. PREPARE THE SALAD

Rinse and roughly tear **lettuce** leaves. Slice **tomato**. Ribbon or julienne **carrot** using a vegetable peeler. Set aside.

TIP *You can chop the salad and toss with a dressing of choice if preferred. A simple lemon and olive oil dressing works well.*

3. COOK THE MEATBALLS

In a bowl, combine **beef mince** with seasoning of choice (see tip), **salt and pepper**. Shape into 1 tbsp-sized meatballs. Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 8–10 minutes, turning until browned and cooked through.

TIP *Add chopped onion, grated carrot, or garlic for extra flavour. We used a pre made cajun spice mix to add flavour.*

4. FINISH AND SERVE

Divide meatballs, wedges and salad among plates. Serve with **aioli** for dipping.

TIP *Garnish with fresh herbs like parsley or coriander for an extra pop of flavour.*

This recipe has simplified instructions to help lower your meal cost.