

DINNERLY



 HEALTHY

 ONE PAN

Mexican Beef Meatball Soup with Carrots and Potatoes



30-40 minutes



2 Servings

Sit down to Mexican meatballs known as albondigas. Simply add veggies to a seasoned tomato soup, drop meatballs into the bubbling broth and simmer until cooked.

WHAT WE SEND

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WHAT YOU NEED

- boiling water
- olive oil
- tomato paste

TOOLS

- box grater
- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 465kcal, Fat 20.3g, Carbs 26.0g, Proteins 39.5g



1. Prep ingredients

Peel the **carrots**, quarter lengthwise, then cut into 1cm chunks. Peel the **potato**, then cut into 2cm chunks. Coarsely grate the **tomato** over a bowl. Finely chop the **coriander**, including the stems. Crush or finely chop **2 garlic cloves**.



2. Prep stock

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **750ml (3 cups) boiling water** and stir to dissolve.



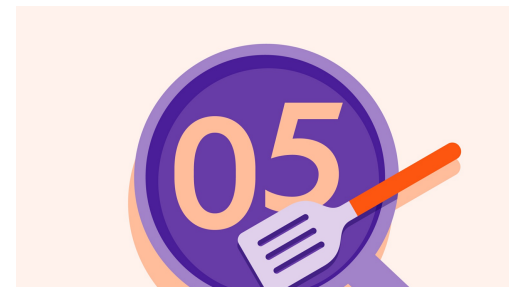
3. Make meatballs

Put the **beef mince** and **2 tsp tomato paste** in a bowl (see Kitchen hack). Using clean damp hands, combine well, then shape into walnut-sized balls.



4. Simmer soup

Heat **1½ tbs olive oil** in a medium saucepan over medium heat. Cook the **carrot, potato** and **garlic**, stirring, for 1 min. Add the **tomato, stock, Mexican spice blend** and **1 tbs tomato paste**. Bring to a simmer. Gently lower the **meatballs** into the soup and cook, covered, for 15 mins or until the vegetables are tender and the meatballs are cooked through.



5. Serve up

Taste, then season with **salt and pepper**. Divide the **soup and meatballs** among bowls. Scatter over the **coriander** and enjoy!



6. Kitchen hack

We've scattered the coriander over at the end, but you can also add some to the meatball mixture for built-in flavour.