



Carb Smart Meatballs and Chickpeas with Spinach and Tomato Salad

Carb Smart

30 Minutes



Ground Beef



Baby Spinach



Baby Tomatoes



Red Onion



Balsamic Glaze



Chickpeas



Italian Seasoning



Garlic Salt



Tomato Sauce Base



Carrot

HELLO CHICKPEAS

High in fibre, low in carbs and perfect in place of a classic starch!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, 2 large bowls, parchment paper, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Onion	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Chickpeas	398 ml	796 ml
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Tomato Sauce Base	1 tbsp	2 tbsp
Carrot	85 g	170 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Halve **tomatoes**. Peel, then grate **half the carrot** (whole carrot for 4 ppl). Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



Cook chickpeas

While **meatballs** roast, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **remaining Italian Seasoning, remaining garlic salt** and **remaining tomato sauce base**. Cook, stirring often, until fragrant, 1 min. Add **chickpeas**, including **liquid**. Season with **pepper**. Bring to a simmer. Cook, stirring occasionally, until **liquid** thickens slightly, 4-6 min.



Form meatballs

Add **beef, half the Italian Seasoning, half the garlic salt** and **half the tomato sauce base** to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Make salad

While **chickpeas** cook, add **half the balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) to another large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes, carrots** and **spinach**, then toss to combine.



Roast meatballs

Arrange **meatballs** on a parchment-lined baking sheet. Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Finish and serve

Divide **chickpeas** and **meatballs** between bowls. Drizzle **remaining balsamic glaze** over top. Serve **salad** alongside.

Dinner Solved!