



# Tempeh meatballs in rich tomato sauce

with sweet potato mash



A hearty favourite displaying the full potential of creamy root vegetable mash, whipped to perfection and with the delicious combination of potato and sweet potato. These meaty tempeh balls are packed with our herb seasoning and slathered in rich tomato and basil sauce.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, medium pot x2, small pot



Pantry items needed: plant-based butter, olive oil spray, salt



Hands-on: 20 minutes  
Ready in: 35 minutes



Serves: 2 or 4

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*NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
White potato	300g	600g
Sweet potato	300g	600g
Plant-based butter*	2 tbsp	4 tbsp
Salt*	1 tsp	2 tsp
Nutrisoy tempeh	1 packet	2 packets
Water*	½ cup	1 cup
Meatball dry mix	1 packet	1 packet
Meatball seasoning mix	1 tub	1 tub
Olive oil spray*	as needed	as needed
Tomato and basil sauce	1 jar	2 jars
Parsley	10g	20g

\* Pantry items

### Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Cook potatoes

Preheat oven to 180°C and line a baking tray. Peel and dice **potato** and **sweet potato** into 1cm pieces. Place into a medium pot and add water to cover. Bring to a boil, reduce to a simmer and cook until a knife can easily pierce through the **sweet potato** and **potato**, about **20 minutes**. Drain and mash using a potato masher or fork. Add **plant-based butter\*** and **salt\*** and mash until smooth. Cover with a lid and set aside.

## 2. Cook tempeh

Roughly chop **tempeh** into 1cm cubes and place into a medium pot. Add **water\***, turn onto medium heat and cook, stirring, until the liquid has evaporated. Remove from the heat.

## 3. Make meatballs

Mash **tempeh** with a potato masher. Add **meatball dry mix** and **meatball seasoning mix**, stir until combined and then allow to cool slightly. Dividing mixture evenly (**10 for 2 serves** and **20 for 4 serves**), roll into balls, pressing together firmly with your hands. Place onto baking tray and spray with **olive oil spray\*** (tip 1). Bake for **20 minutes**.

## 4. Heat sauce

Pour **tomato and basil sauce** into a small pot and bring to a simmer. Finely chop **parsley**.

## 5. Serve

Serve **sweet potato mash** and **tempeh meatballs** onto large plates, ladle **sauce** over the top and sprinkle with **parsley**.

### Cooking tip

1. If you do not have olive oil spray, drizzle with olive oil.

Eat your way  
to healthy!



**Tempeh** is low in carbs and very high in protein. It is also a good source of B vitamins, fibre, iron, calcium and other minerals. Like other soy foods, tempeh has cancer-fighting antioxidant properties.

Evidence suggests tempeh may lower blood pressure and inflammation, improve cholesterol and insulin resistance and promote bone and heart health. As a fermented food, tempeh is rich in probiotics as well as prebiotics, promoting good digestion.

## Nutritional information\*

	Per 620g serve	Per 100g
Energy	3410kJ (816Cal)	550kJ (132Cal)
Protein	42.9g	6.9g
Fat, total	39.8g	6.4g
- Saturated	7.5g	1.2g
Carbohydrate	73.0g	12.0g
- Sugars	18.0g	3.0g
Sodium	2353mg	380mg

\* Nutritional information is based on averages