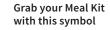


Beef Meatball Subs & Cheesy Wedges

with Caramelised Onion Gravy & Tomato Salad

HALL OF FAME











Beef Mince





Aussie Spice

Fine Breadcrumbs





Gravy Granules

Balsamic Glaze





Brioche Hotdog







Rocket Leaves

Garlic Aioli





Pantry items

Olive Oil, Egg

Prep in: 25-35 mins Ready in: 30-40 mins

The sub sandwich is the king of sandwiches, packed to bursting with saucy meatballs and glazed in a balsamic sauce this particular sub wears the crown with ease and grace. We bow before the might of this delicious meal!

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)		
onion	1 (medium)	1 (large)		
beef mince	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
gravy granules	1 sachet	2 sachets		
balsamic glaze	½ packet	1 packet		
boiling water*	½ cup	1 cup		
brioche hotdog buns	2	4		
tomato	1	2		
rocket leaves	1 small bag	1 medium bag		
garlic aioli	1 medium packet	1 large packet		
lamb mince**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4784kJ (1143Cal)	746kJ (178Cal)
Protein (g)	54.6g	8.5g
Fat, total (g)	60.2g	9.4g
- saturated (g)	25.9g	4g
Carbohydrate (g)	92.7g	14.5g
- sugars (g)	24.6g	3.8g
Sodium (mg)	1633mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4341kJ (1038Cal)	677kJ (162Cal)
Protein (g)	51.5g	8g
Fat, total (g)	51.1g	8g
- saturated (g)	20.9g	3.3g
Carbohydrate (g)	92.7g	14.5g
- sugars (g)	24.6g	3.8g
Sodium (mg)	1652mg	258mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW48



Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender,
 20-25 minutes.
- In the last 5 minutes of cook time, sprinkle shredded Cheddar cheese over the wedges, return to the oven and continue baking until melted and crisp.



Get prepped

- Meanwhile, thinly slice onion.
- In a medium bowl, combine beef mince, Aussie spice blend, fine breadcrumbs and the egg.
- Using damp hands, roll heaped spoonfuls of beef mixture into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped beef mince for lamb mince, make lamb meatballs in the same way as above.



Make the onion gravy

- Boil the kettle.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion until tender, 6-7 minutes. Transfer to a second medium bowl.
- To the bowl of onion, add gravy granules, balsamic glaze (see ingredients) and the boiling water (½ cup for 2 people / 1 cup for 4 people). Whisk to combine, until smooth, 1 minute. Set aside.



Cook the meatballs

- Return the frying pan to medium-high heat with a drizzle of olive oil.
- Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).

Custom Recipe: Cook lamb meatballs in the same way as above.



Toast the buns

- While the meatballs are cooking, slice brioche hotdog buns in half lengthways.
- Bake buns directly on the wire oven rack until heated through, 5-7 minutes.
- · Slice tomato into thin rounds.



Serve up

- Fill hotdog buns with beef meatballs, caramelised onion gravy, rocket leaves and tomato
- Divide meatballs subs and cheesy potato wedges between plates. Serve with garlic aioli. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate