



Beef Meatball Subs & Cheesy Wedges

with Caramelised Onion Gravy & Tomato Salad

HALL OF FAME

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Onion



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Gravy Granules



Balsamic Glaze



Brioche Hotdog Buns



Tomato



Rocket Leaves



Garlic Aioli



Lamb Mince

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg

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 · Large frying pan

Ingredients

	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](https://www.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



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1



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.

4



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.

2



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.

5



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.

3



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.

6



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!

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