



Homemade Italian Beef Meatball & Tomato Pizza

with Fresh Dough, Chilli & Parsley

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Pizza Dough



Tomato



Garlic



Onion



Fresh Chilli (Optional)



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Parsley



Pork Mince



Prep in: 20-30 mins
Ready in: 45-55 mins

Who needs takeaway when homemade can taste this good? This meaty pizza is an explosion of flavour, with homemade tomato sauce, juicy beef meatballs, and stringy Cheddar cheese. Add sprinkle of parsley after cooking for a burst of freshness and you're on to a winner!

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

Pantry items

Olive Oil, Egg, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pizza dough	1 packet	2 packets
tomato	1	2
garlic	2 cloves	4 cloves
onion	½	1
fresh chilli (optional)	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 large packet	2 large packets
parsley	1 packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3002kJ (717Cal)	482kJ (115Cal)
Protein (g)	60.1g	9.6g
Fat, total (g)	36.3g	5.8g
- saturated (g)	17.6g	2.8g
Carbohydrate (g)	132g	21.2g
- sugars (g)	11.7g	1.9g
Sodium (mg)	1046mg	168mg
Dietary Fibre (g)	10.5g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	435kJ (104Cal)
Protein (g)	55.9g	9g
Fat, total (g)	31.8g	5.1g
- saturated (g)	14.7g	2.4g
Carbohydrate (g)	132g	21.2g
- sugars (g)	11.7g	1.9g
Sodium (mg)	1067mg	171mg
Dietary fibre	10.5g	1.7g

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.



Get prepped

- Preheat oven to **240°C / 220°C fan-forced**.
- Halve each ball of **pizza dough** and set aside to rest for **20 minutes**.
- Finely chop **tomato** and **garlic**. Thinly slice **onion** (see ingredients) and **fresh chilli** (if using).

TIP: The resting time helps make the dough easier to work with plus improves the pizza base texture. Rest for minimum 20 minutes or up to 40 minutes.



Prep the bases

- Lightly dust **flour** over a clean surface. Flour your hands and a rolling pin, then stretch and roll each ball of **dough** into a 25cm circle.
- Place **pizza bases** on two lined oven trays.

TIP: Dusting the surface and your hands with flour helps prevent the dough from sticking.



Make the meatballs

- Meanwhile, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Aussie spice blend** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (6-8 per person). Transfer to a plate.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, follow instructions as above.



Bake the pizzas

- Spread **tomato sauce** evenly across bases using the back of a spoon.
- Top with **meatballs**, **onion** and **chilli**, then sprinkle over **shredded Cheddar cheese**.
- Bake until cheese is melted and golden, **15-20 minutes**.



Make the sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Add **tomato** to the pan and cook, stirring occasionally, until softened, **3-4 minutes**.
- Add **garlic** and **tomato paste**, and cook until fragrant, **1-2 minutes**.
- Add the **water**, **butter** and **brown sugar**, and stir to combine, **1 minute**. Season to taste and set aside.



Serve up

- Slice beef meatball pizzas. Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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