

Saucy Beef Meatballs on Handmade Pizza Subs

with Pear Rocket Salad

SKILL UP

NEW

Grab your meal kit with this number

41



Pizza Dough



Garlic



Parsley



Pear



Onion



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Tomato Paste



Rocket Leaves



Diced Bacon



Grated Parmesan Cheese

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



Protein Rich



Calorie Smart

There's so many things you can do with pizza dough, why don't we try it as a sandwich tonight? Form and bake it into golden subs, slice it open, and fill it with juicy beef meatballs smothered in a rich tomato sauce. The crunch of the bread is too hard to resist, let's dive in!

Pantry items

Olive Oil, Egg, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
pizza dough	1 packet	2 packets
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
pear	1	2
onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
tomato paste	1 packet	2 packets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water*	½ cup	¾ cup
rocket leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2555kJ (611cal)	215kJ (51cal)
Protein (g)	52.7g	4.4g
Fat, total (g)	28.9g	2.4g
- saturated (g)	9.9g	0.8g
Carbohydrate (g)	126.4g	10.6g
- sugars (g)	9.9g	0.8g
Sodium (mg)	647mg	54.4mg
Dietary Fibre (g)	10.2g	0.9g

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.



Prep the dough

- Preheat oven to **240°C / 220°C fan-forced**.
- Keep **pizza dough** in packaging and place in a bowl of hot tap water (not boiling) until the dough is warm, **20 minutes**.
- Halve each ball of pizza dough, then set aside to rest for at least **1 hour**, until dough increases in size (speed this up by covering each dough ball with a bowl).

TIP: The dough needs to be warm to increase in size. Resting the dough improves the pizza base texture.



Get prepped

- Finely chop **garlic** and **parsley**. Thinly slice **pear** and **onion** (see ingredients).
- To a small bowl, add **parsley**, half the **garlic** and a drizzle of **olive oil**. Season to taste and set aside.
- In a large bowl, combine **beef mince**, **fine breadcrumbs**, **Nan's special seasoning**, remaining **garlic**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.



Bake the dough

- Dust some **flour** over a clean surface. Flour your hands and shape **dough balls** into 10cm by 20cm rectangles.
- Transfer dough to a lined oven tray and brush with **garlic parsley oil**. Lightly score three lines diagonally across each piece of dough.
- Bake until the subs are golden, **15-20 minutes**.

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

TIP: Scoring the dough helps it to rise evenly.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **meatballs** and **onion** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Reduce heat to medium, drain excess **oil** and add **tomato paste**, cooking until fragrant, **1 minute**.
- Add the **butter**, **brown sugar** and **water** and simmer, until slightly reduced, **1-2 minutes**.



Toss the salad

- Meanwhile, in a large bowl, combine **pear**, **rocket leaves**, a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Serve up

- Slice subs in half horizontally, three quarters of the way through.
- Fill subs with saucy beef meatballs.
- Serve with pear rocket salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



ADD DICED BACON

Before cooking meatballs, cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

