

# Saucy Beef Meatballs on Handmade Pizza Subs

with Pear-Rocket Salad

SKILL UP

Grab your meal kit with this number

41



Pizza Dough



Rosemary



Garlic



Pear



Onion



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Tomato Paste



Rocket Leaves



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 1 hr 45 mins - 1 hr 55 mins

Calorie Smart Protein Rich

Time to unleash your inner chef! 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
<b>olive oil*</b>	refer to method	refer to method
pizza dough	1 packet	2 packets
rosemary	2 sticks	4 sticks
garlic	3 cloves	6 cloves
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
<b>egg*</b>	1	2
tomato paste	1 packet	2 packets
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	¾ cup
rocket leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2661kJ (635Cal)	480kJ (114Cal)
Protein (g)	53.6g	9.7g
Fat, total (g)	29.2g	5.3g
- saturated (g)	10g	1.8g
Carbohydrate (g)	130.8g	23.6g
- sugars (g)	13g	2.3g
Sodium (mg)	654mg	118mg
Dietary Fibre (g)	11.7g	2.1g

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://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

2024 | CW38



## 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.



## Cook the meatballs

- Meanwhile, heat a drizzle of **olive oil** in a large frying pan 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**.



## Get prepped

- Finely chop **rosemary** and **garlic**. Thinly slice **pear** and **onion** (see ingredients).
- In a small bowl, combine **rosemary**, half the **garlic**, and a drizzle of **olive oil**. Season 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.



## Toss the salad

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



## Bake the dough

- Dust some **flour** over a clean surface. Flour your hands and shape each **dough ball** into a 10cm by 20cm rectangle.
- Transfer **dough** to a lined oven tray and brush with **rosemary garlic 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.



## Serve up

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

### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over filling before serving.

**+** **ADD DICED BACON**  
Cook with topping, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

