



CHEESY BAKED BEEF MEATBALLS

with Crusty Ciabatta & Greens



Bake meatballs for extra tenderness



Garlic



Carrot



Broccoli



Green Beans



Beef Mince



Italian Herbs



Fine Breadcrumbs



Dried Oregano



Crushed & Sieved Tomatoes



Shredded Cheddar Cheese



Ciabatta



Hands-on: **35 mins**

Ready in: **40 mins**

The trick to super tender meatballs? Baking them of course! It allows plenty of moisture and flavour to stay in your meatballs where they belong. Cheddar cheese and a crusty ciabatta loaf (perfect for scooping up the sauce!) add an indulgent touch to this delicious dish.

Pantry Staples: Olive Oil, Eggs, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- large frying pan
- medium baking dish



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **garlic**. Grate the **carrot** (unpeeled). Cut the **broccoli** into small florets and cut the stalk into 1cm pieces. Trim the **green beans**, then slice in half.



2 MAKE THE MEATBALLS

In a medium bowl, combine the **beef mince, eggs, Italian herbs, fine breadcrumbs** and the **salt**. Using damp hands, take a heaped spoonful of the beef mixture and shape into a small meatball. Set aside on a plate. Repeat with the remaining mixture (you should get about 20 meatballs).



3 COOK THE MEATBALLS

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **meatballs** and cook until browned, **5-7 minutes** (the meatballs will continue cooking in step 4). Transfer the meatballs to a medium baking dish and set aside.



4 COOK THE SAUCE

Return the pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **garlic, dried oregano** and **carrot** and cook until fragrant, **1-2 minutes**. Add the **crushed & sieved tomatoes** and **sugar** and bring to the boil. Season to taste with **salt** and **pepper**. Pour the sauce over the **meatballs** in the baking dish and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted, **10 minutes**.



5 COOK THE GREENS

While the meatballs are baking, place the **ciabatta** directly on the wire rack in the oven and bake until crusty on the outside and steaming hot on the inside, **10-12 minutes**. Wipe out the frying pan and return to a medium-high heat. Add the **broccoli** and a **splash of water** and cook until starting to soften, **3 minutes**. Add the **green beans** and cook until tender, **3-4 minutes**. **TIP:** Add a little more water if the pan looks dry. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the cheesy baked beef meatballs and greens between bowls. Serve the crusty ciabatta on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
carrot	2
broccoli	1 head
green beans	1 bag (200 g)
beef mince	1 packet
eggs*	2
Italian herbs	1 sachet
fine breadcrumbs	2 packets
salt*	½ tsp
dried oregano	1 sachet
crushed & sieved tomatoes	1 tin (400 g)
sugar*	2 tsp
shredded Cheddar cheese	1 packet (100 g)
ciabatta	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (642Cal)	438kJ (105Cal)
Protein (g)	53.7g	8.8g
Fat, total (g)	23.9g	3.9g
- saturated (g)	11.2g	1.8g
Carbohydrate (g)	48.0g	7.8g
- sugars (g)	10.1g	1.6g
Sodium (g)	1070mg	174mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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2019 | WK34

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