



# Saucy Italian Beef Meatball Sub

with Parmesan & Fries

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Garlic & Herb Seasoning



Fine Breadcrumbs



Brioche Hotdog Buns



Radish



Spinach & Rocket Mix



Mayonnaise



Beef Mince



Tomato Sugo



Grated Parmesan Cheese

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 sprinkled in Parmesan cheese, this particular sub wears the crown with ease and grace. We bow before the might of this delicious meal!

### Pantry items

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



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
potato	2	4
garlic	2 cloves	4 cloves
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
<b>egg*</b>	1	2
tomato sugo	1 packet (200g)	1 packet (400g)
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
brioche hotdog buns	2	4
radish	2	3
spinach & rocket mix	1 medium bag	1 large bag
<b>balsamic vinegar*</b>	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4521kJ (1081Cal)	699kJ (167Cal)
Protein (g)	52g	8g
Fat, total (g)	54g	8.3g
- saturated (g)	23.9g	3.7g
Carbohydrate (g)	91.4g	14.1g
- sugars (g)	25.9g	4g
Sodium (mg)	1389mg	215mg

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.



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil** season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Make it saucy

- Reduce heat to low, then add **garlic** and cook until fragrant, **1 minute**.
- Add **tomato sugo**, the **brown sugar**, **butter** and a splash of **water**, tossing **meatballs** to coat. Cook until slightly thickened, **1-2 minutes**.



## Make the meatballs

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs**, 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.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



## Heat the buns

- While the meatballs are cooking, slice **brioche hotdog buns** in half lengthways. Bake directly on a wire oven rack until heated through, **5-7 minutes**.
- Meanwhile, thinly slice **radish**. In a medium bowl, combine **spinach & rocket mix** and a drizzle of **balsamic vinegar** and **olive oil**.



## Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

**TIP:** For best results, drain the oil from the pan before cooking the sauce.



## Serve up

- Divide radish salad and Italian meatballs between the buns.
- Spoon over remaining sugo and sprinkle with **grated Parmesan cheese**.
- Serve with fries, **mayonnaise** and any remaining salad. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling the cheese on top.

## We're here to help!

Scan here if you have any questions or concerns



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