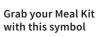


# Saucy Italian Beef Meatball Sub

with Parmesan & Fries

TAKEAWAY FAVES

KID FRIENDLY











Garlic & Herb Seasoning

Fine Breadcrumbs





Radish

Brioche Hotdog Buns



Spinach & Rocket

Mayonnaise





**Beef Mince** 

Tomato Sugo



**Grated Parmesan** Cheese





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**

ingi caicii	63	
	2 People	4 People
olive oil*	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
egg*	1	2
tomato sugo	1 packet (200g)	1 packet (400g)
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
brioche hotdog buns	2	4
radish	2	3
spinach & rocket mix	1 medium bag	1 large bag
balsamic vinegar*	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 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 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!



## Cook the meatballs

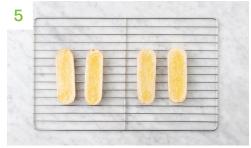
- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat.
- · Cook meatballs, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

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



# 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.



## 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.



# 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.

