



# Cheesy Beef Meatball Bake & Gravy

with Garlic Dippers & Pear Salad

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Cheddar Cheese



Bake-At-Home Ciabatta



Pear



Thyme



Garlic



Gravy Granules



Mixed Salad Leaves



Diced Bacon

Prep in: 25-35 mins  
Ready in: 30-40 mins

In this one-pot delight, you'll get a whole lot of cheesy, herby and tasty goodness. The best part may or may not be the homemade garlic dippers or it may be the cheesy beef meatballs or it may even be the fresh salad.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Butter, Vinegar (White Wine or Balsamic)



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beef mince	1 small packet	2 small packets OR 1 large packet
<b>egg*</b>	1	2
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
Cheddar cheese	1 medium packet	1 large packet
bake-at-home ciabatta	1	2
pear	1	2
thyme	1 bag	1 bag
garlic	2 cloves	4 cloves
gravy granules	1 medium packet	1 large packet
<b>boiling water*</b>	¾ cup	1 ½ cups
<b>butter*</b>	20g	40g
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2887kJ (690Cal)	815kJ (195Cal)
Protein (g)	44.2g	12.5g
Fat, total (g)	33g	9.3g
- saturated (g)	16.4g	4.6g
Carbohydrate (g)	51.2g	14.5g
- sugars (g)	10g	2.8g
Sodium (mg)	1444mg	408mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	820kJ (196Cal)
Protein (g)	51.1g	12.8g
Fat, total (g)	39.8g	10g
- saturated (g)	18.9g	4.7g
Carbohydrate (g)	51.9g	13g
- sugars (g)	10.6g	2.7g
Sodium (mg)	1874mg	469mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



## Prep the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs**, **Aussie spice blend**, **Cheddar cheese** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person).

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.



## Toast the ciabatta

- Brush **garlic butter** over cut sides of **ciabatta slices**.
- Bake **ciabatta** on a wire rack until golden, **5-7 minutes**.

**Little cooks:** Take charge by brushing the garlic butter over the ciabatta!

**Custom Recipe:** If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes.



## Bake the meatballs

- Transfer **meatballs** to a large baking dish with a drizzle of **olive oil**, turning to coat.
- Bake until browned, **15-20 minutes**.



## Make it saucy

- When meatballs have finished baking, remove from oven, drain oil, then add **gravy mixture** to baking dish.
- Turn **meatballs** to coat.

**TIP:** For best results, drain the oil from the baking dish before adding the gravy.

**Custom Recipe:** Add cooked bacon to the baking dish with the gravy mixture. Continue as above.



## Get prepped

- Meanwhile, boil the kettle. Cut **bake-at-home ciabatta** into slices (4 per person).
- Thinly slice **pear** into wedges. Pick **thyme** leaves. Finely chop **garlic**.
- In a medium heatproof bowl, combine **gravy granules**, **thyme** and the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people), whisking, until smooth, **1 minute**.
- In a small heatproof bowl, combine **garlic** and the **butter**. Microwave in **10 second** bursts or until melted. Season with **salt** and **pepper**.



## Serve up

- In a second medium bowl, combine pear, **mixed salad leaves**, a drizzle of the **vinegar** and olive oil. Season.
- Divide cheesy beef meatballs, garlic dippers and pear salad between plates.
- Spoon remaining herbed gravy from the baking dish over meatballs to serve. Enjoy!

## Rate your recipe

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